Vancouver metro
Your essential daily news | THURSDAY, SEPTEMBER 17, 2015

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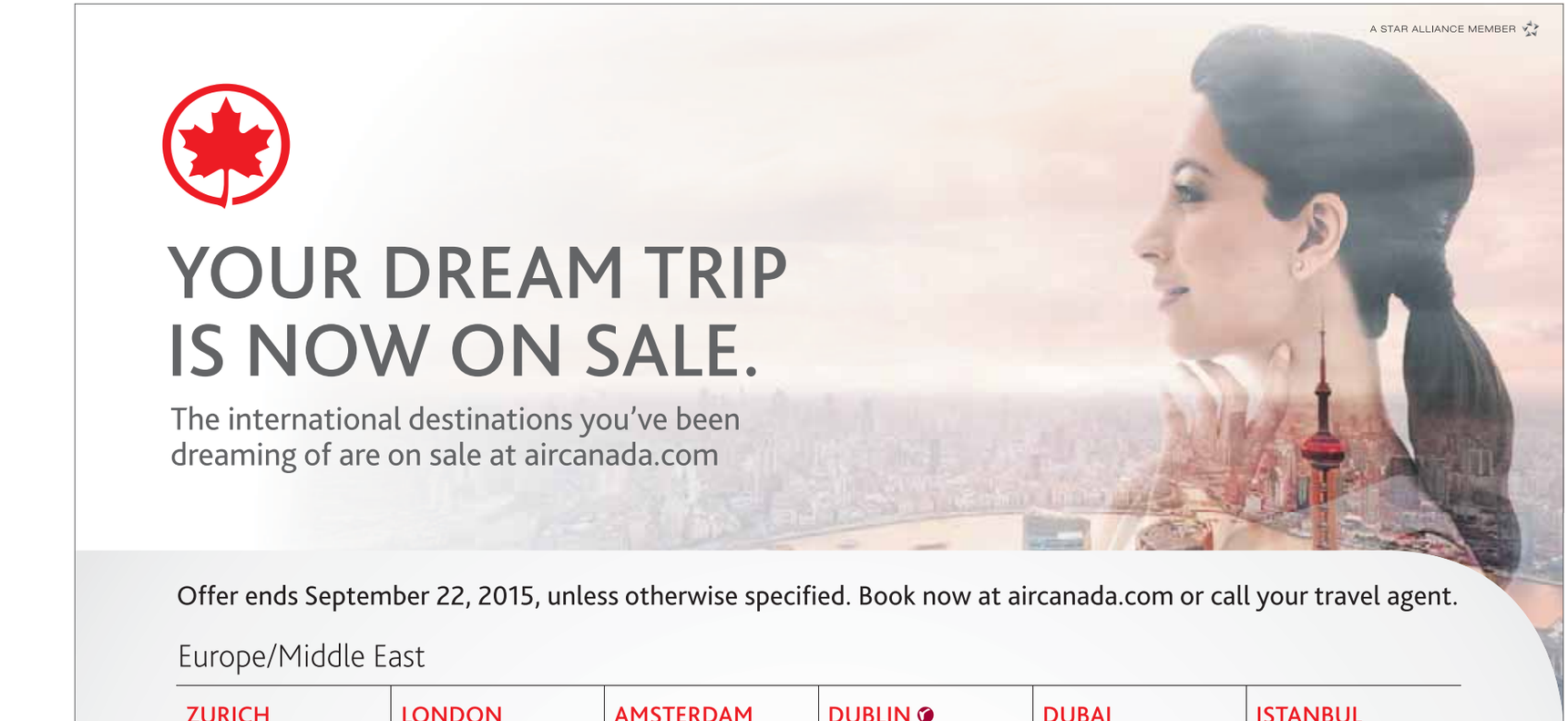

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OCT. 18, 2015 – DEC. 9, 2015 DEC. 27, 2015 – MAY 4, 2016	OCT. 26, 2015 – DEC. 16, 2015 DEC. 28, 2015 – MAR. 23, 2016	OCT. 18, 2015 – DEC. 10, 2015 DEC. 24, 2015 – MAY 5, 2016	OCT. 18, 2015 – DEC. 10, 2015 DEC. 24, 2015 – JAN. 5, 2016	NOV. 3, 2015 – DEC. 9, 2015 DEC. 27, 2015 – MAY 4, 2016	OCT. 18, 2015 – DEC. 10, 2015 DEC. 24, 2015 – MAY 5, 2016

Asia-Pacific

HONG KONG	SHANGHAI	BEIJING	SEOUL	DELHI	TOKYO-NARITA
$1153	$737	$986	$1029	$1107	$1041
SEPT. 16, 2015 – DEC. 7, 2015 JAN. 1, 2016 – MAY 24, 2016	OCT. 26, 2015 – DEC. 4, 2015	SEPT. 16, 2015 – SEPT. 29, 2015 OCT. 22, 2015 – DEC. 7, 2015	OCT. 25, 2015 – NOV. 30, 2015 JAN. 1, 2016 – APR. 30, 2016	OCT. 18, 2015 – DEC. 10, 2015 DEC. 24, 2015 – MAY 5, 2016	SEPT. 16, 2015 – DEC. 10, 2015

Latin America

SÃO PAULO	RIO DE JANEIRO	SANTIAGO	BOGOTA	LIMA	PANAMA
$1006	$1005	$1052	$1048	$1054	$757
SEPT. 23, 2015 – DEC. 16, 2015 DEC. 24, 2015 – DEC. 31, 2015	SEPT. 23, 2015 – DEC. 16, 2015 DEC. 24, 2015 – DEC. 31, 2015	SEPT. 23, 2015 – DEC. 10, 2015	SEPT. 23, 2015 – NOV. 30, 2015 JAN. 17, 2016 – APR. 30, 2016	SEPT. 30, 2015 – DEC. 6, 2015 JAN. 13, 2016 – APR. 30, 2016	SEPT. 23, 2015 – DEC. 10, 2015 DEC. 29, 2015 – FEB. 26, 2016

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Vancouver metro

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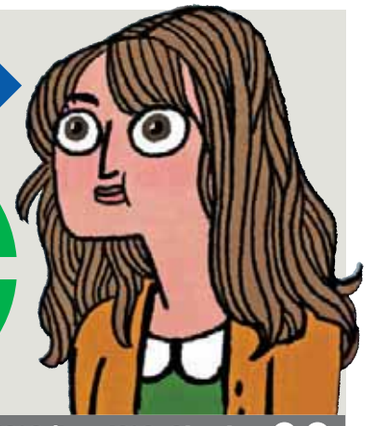
Kate Beaton's latest in metroLIFE



Your essential daily news | THURSDAY, SEPTEMBER 17, 2015

High 18°C / Low 12°C Cloudy

CANUCKS CRACKDOWN

AIRPORT-STYLE METAL DETECTORS INSTALLED AT ROGERS ARENA metroNEWS

The metal detectors will resemble those outside the Pacific Coliseum during the 2010 Olympics. JEFF HODSON/METRO FILE

Pleading for more refugees

SYRIAN CRISIS

City council lends support to 20k2020 campaign

Emily Jackson
Metro | Vancouver

Vancouver city council will officially make a plea to the federal government to accept thousands more refugees, making it the first municipality in Canada to add its voice to a campaign advocating the country welcome 20,000 refugees per year by 2020.

Council voted Wednesday to approve Mayor Gregor Robertson's motion to support the 20k2020 campaign. The motion also asked staff to look into ways Vancouver can more immediately help with the crises in Syria and Iraq. As it is, Canada welcomes fewer than 7,000 refugees a year.

"It becomes particularly noticeable when there's a crisis like the one in Syria right now," Robertson said at council. "There's clearly a huge demand for people wanting to do more, wanting the federal government to step up our numbers."

Vancouver was spurred into action on the refugee file after the image of a lifeless Syrian toddler who washed up on a Turkish beach captured the world's attention. More than 400 people attended a town hall on the topic last week.

Chris Friesen, director of settlement services at the Immigrant Services Society of B.C., told council it is "unfortunate" that it took the picture to generate "a long-overdue debate in this country about Canada's humanitarian program."

Before, it was hard to get people to pay attention to refugees, who are often called queue jumpers making bogus claims, he said. Yet there are 60 million refugees and internally displaced people worldwide.

"There's way more that we can do. I'm really encouraged by the mayor and council's support," he said.

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metro NEWS

Your essential daily news

Spain offers new life to Syrian tripped by journalist. **World**

Father seriously injured after being stopped by angry driver

ROAD RAGE

Other man took victim's phone before running him over: Police

Matt Kieltyka
Metro | Vancouver

A family has been devastated after an alleged road-rage incident sent a father to hospital with serious head injuries, Abbotsford police say.

The 38-year-old man was riding in the passenger seat of his wife's vehicle, with their teenage son in the backseat, when they noticed a red or burgundy-coloured vehicle driving aggressively behind them at 7 p.m. on Sunday.

Abbotsford police spokesman Const. Ian MacDonald said the husband pulled out his phone to record the incident when things took a dramatic turn for the worse.

"The victim was trying to capture the behaviour, but it was apparent to the suspect what he was doing," said MacDonald.

Words and gestures were exchanged between the occupants of the vehicles, eventually leading to both cars pulling over at side of Harris Road near Gladwin Road.

As the husband continued to take photos or video of the altercation, police allege the other driver walked over to the passenger side of the family's car, smashed in the window and assaulted the father.

The other driver then grabbed the father's phone and started making his way back to his car.

MacDonald said the father got out of his car and tried to stop the suspect from stealing his phone, but was then run over by the suspect's car as he made his getaway.

The man was rushed to hospital with several facial injuries and fractures from the incident. Most concerning, MacDonald said, are the serious head injuries he sustained, likely from the hit-and-run.

"The wife is feeling very conflicted because she's the one that pulled over. She's traumatized and the teenage son is just beside himself," said MacDonald. "It's absolutely heartbreaking."

Police continue to search for the man, who is described as non-white, in his 30s, five-foot-10 with a medium build.

If found, the driver could be facing multiple charges related to the assault, robbery and hit-and-run.

Minutes before the incident, witnesses told police that the driver was aggressively and dangerously passing other vehicles after traffic was stopped at a nearby train crossing.

MacDonald said one of the witnesses, one of the first to pull over and provide assistance to the victim, had earlier pulled off the road because he felt the suspect would either hit his car or collide with oncoming traffic trying to make a pass.

If drivers find themselves facing an aggressive and dangerous driver, MacDonald urges people to contact police immediately.

Any other witnesses to the incident, or anyone with information about the suspect or his whereabouts, are asked to call Abbotsford Police.

The window of a vehicle was smashed in an alleged road rage incident in Abbotsford on Sunday. COURTESY ABBOTSFORD POLICE DEPARTMENT

> **"The wife is traumatized and the teenage son is just beside himself.**
> Const. Ian MacDonald

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World cyclist's bike stolen

THEFT

Jacky Chen hopes to travel across at least 100 countries

Thandi Fletcher
Metro | Vancouver

A man from Taiwan who is cycling around the world says he is devastated after his beloved bike on which he has travelled more than 5,000 kilometres was stolen in Vancouver last week.

Three months into his journey, Jacky Chen said he locked up his bike on a fence near Oak Street and 16th Avenue last Friday, and when he returned, the fence was broken and his most prized possession was gone.

"The first thing I thought was, how am I going to continue my trip?" he told Metro. "I rode this bike for three and a half months. It's meaningful for me."

The bike is a significant spoke in the wheel of the 37-year-old's life. He left his job as an electrical engineer in Taiwan earlier this year to ride his bike 100,000 kilometres across at least 100 countries.

Chen departed from Anchorage on June 5 and has so far cycled across Alaska, the Yukon and British Columbia. Along the way, he has been camping or staying with hosts he's met on the website Couchsurfing.com.

> **If a dream is not crazy, I needn't go.**
> Jacky Chen

Inspired by a book written by a Japanese man who spent seven years cycling around the world, Chen said he expects to finish his journey in three to five years.

While many of his friends support his goal, he said others are less enthusiastic.

"Some of my friends call me crazy," he said with a laugh. "My mom said I'm stupid."

Chen's response? "If a dream is not crazy, I needn't go. If it's not dangerous, it's not an adventure."

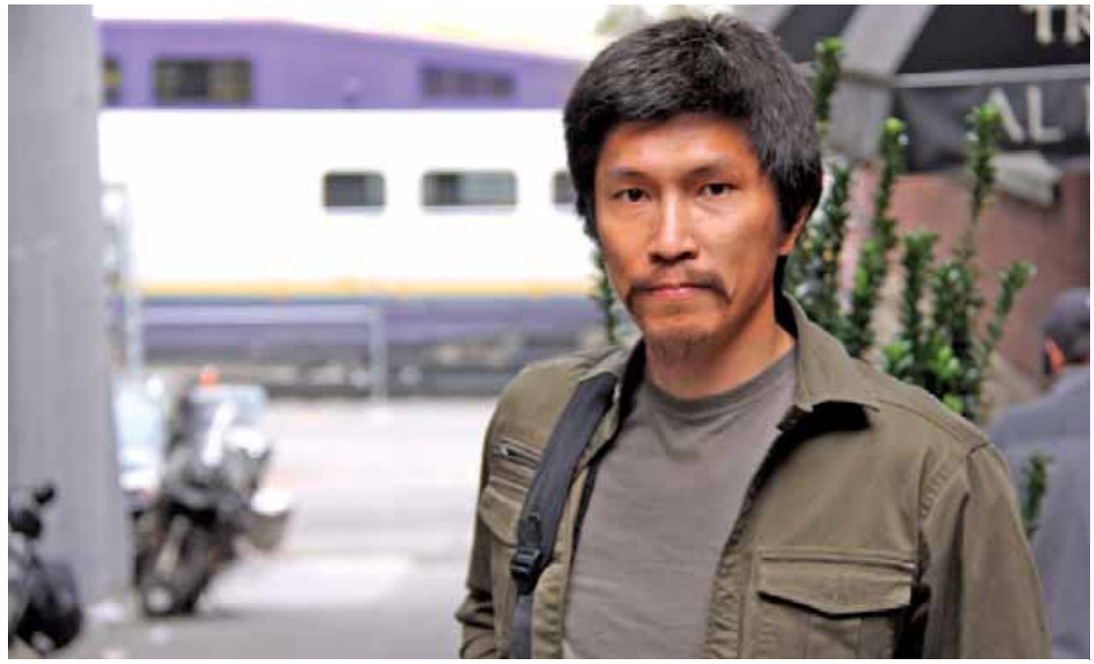
At times, however, Chen admits he wondered if his critics were right.

One day, while battling a long incline on a gravel road through Denali National Park, Chen came close to giving up. That very night, however, Chen said his motivation was restored.

Exhausted and freezing, he spotted smoke from a campfire in the distance. A young couple was camping with their baby, and he asked if he could set up his tent nearby.

To his surprise, the family not only welcomed him but also offered to share their campfire and food.

"In that moment, I just knew why I needed to do this," Chen said. "My trip is not for travel. I see the people as the most important. Even if we have never met, people are always willing to help."



Jacky Chen travelled more than 5,000 kilometres before his bike was stolen near Oak Street and 16th Avenue. THANDI FLETCHER/METRO

Chen experienced the kindness of strangers again this week when he shared the news on Facebook that his bike had been stolen. Immediately he was flooded with offers to help him replace it.

On Thursday, Chen is leaving for Seattle to pick up a road bike that was donated to him by a friend of a friend he met in Alaska. While he appreciates the replacement, Chen said he still hopes that he can get his own bike back.

He said the bike holds immense sentimental value. Before he left, a friend wrote inspirational messages on the bike to help motivate Chen to keep going: "Make your dreams come true and never give up."

He made a plea to whoever took his bike to return it, no questions asked. Chen said he is even willing to pay to get it back.

"My bike is not worth a lot, but it's priceless for me," he said. "If I can get it back, I would be very grateful."

This ride has seen Alaska and the Yukon. COURTESY JACKY CHEN

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Canucks beef up security

NHL

Fans told not to bring selfie sticks, drones or laser devices

Cam Tucker
Metro | Vancouver

Leave your drones at home if you're attending a Vancouver Canucks game this season.

The Canucks announced Wednesday increased security measures, including the use of airport-style metal detectors, for every game at Rogers Arena during the upcoming season. The changes take effect for the club's first home exhibition game against the San Jose Sharks on Sept. 22.

With the organization expecting longer lineups at the gates, fans have been encouraged to arrive at Rogers Arena 15 to 20 minutes earlier than they would normally.

"The new safety enhancements are part of the National Hockey League's initiative to standardize security procedures at all NHL arenas," stated the Canucks in a news release.

A woman passes through a metal detector into Rogers Arena in a promotional video released by the Canucks on Wednesday. SCREENGRAB/YOUTUBE.COM

"Fans will now be asked to remove all metal objects from their pockets before passing through the metal detectors, which are similar to those used at airports, only faster without the need to screen luggage."

The release says new security measures are consistent with those in effect at all other NHL venues, as well as NBA, MLB and NFL venues.

Security will still include pat-downs and the use of hand-held wands but only in "unique circumstances."

The Canucks released a lengthy list of prohibited items on its website, ranging from weapons such as firearms and ammunition, to drones, laser pointing devices, selfie sticks and numerous other objects.

A brief online video released by the club demonstrates the new procedures. Fans will be asked to remove items such as keys and phones from their pockets, holding them over their heads as they pass through the metal detectors.

However, fans do not have to remove items such as belts, change, watches, wallets and jackets, according to the video.

Several people on Twitter voiced their disapproval, with one user stating the changes are overkill.

Media will be given a demonstration of the new security measures Thursday morning, prior to availability with players as training camp gets underway.

IN BRIEF

Mounties investigate shooting at Surrey elementary school

A man is in hospital following an apparently targeted shooting at a Surrey elementary school on Tuesday.

Shortly after 6 p.m., Surrey RCMP responded to a report of shots fired at Strawberry Hill Elementary School in the 7600 block of 124th Street.

Officers found a 22-year-old man with what appeared to be a gunshot wound. The man, who is known to police, was taken to hospital with serious but non-life-threatening injuries.

Police said the shooting appears to be a confrontation between two groups associated with two vehicles.

The incident is Surrey's third shooting in four days.

Cpl. Scotty Schumann of Surrey RCMP said the investigation is still in its early stages and that it's too early to tell if the incident is connected to other recent shootings.

THANDI FLETCHER/METRO

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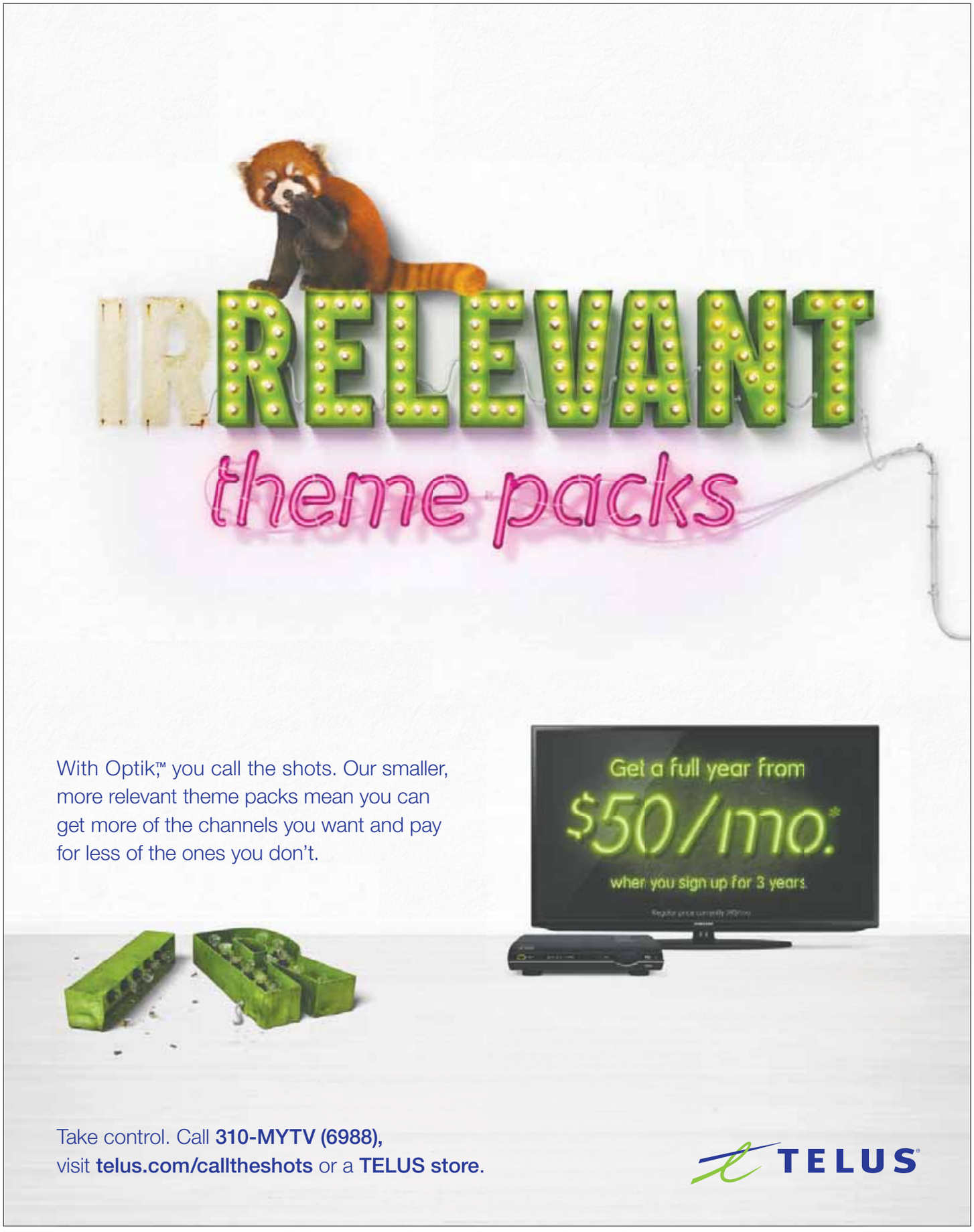
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Home sales still increasing

REAL ESTATE

Sotheby's credits low interest rates, overseas buyers

Emily Jackson
Metro | Vancouver

Luxury home sales in the City of Vancouver skyrocketed yet again this summer, continuing the frenetic pace of sales from the first six months of the year, according to a report from Sotheby's International Realty Canada.

There was a 50 per cent increase in sales of homes over $4 million and a 17.9 per cent increase in sales of homes over $1 million — which isn't even considered a luxury price anymore, said Polly Cordwell, Sotheby's managing broker in Vancouver.

And she predicts it won't slow down any time soon.

Sotheby's credits the increase to low interest rates, overseas buyers and fewer houses on the market, Cordwell said.

The house at 6062 Marguerite St. is for sale for $6,488,000. CONTRIBUTED

Cordwell said Sotheby's based its report on the anecdotal experiences of its 100 local realtors, but that the company does not keep data on foreign buyers.

"We don't have any statistics. It's more just our realtors are out there … they understand that a lot of the people are overseas buyers," she said. "It's all kind of speculation, but it appears to be fairly significant."

> **It's all kind of speculation, but it appears to be fairly significant.**
> Polly Cordwell

Whether foreign buyers are actually driving up house prices has become a contentious issue in the Lower Mainland.

There is no official data source proving the phenomenon, leading to calls on the federal and provincial governments to collect more information in order to make informed policy.

Soaring real estate costs have also become an election issue. The Conservatives have promised to collect data on foreign buyers, whereas the Liberals say they will collect data on speculative buyers.

Vancouver Mayor Gregor Robertson has called for a speculation tax in an attempt to prevent investors from parking their money in real estate where they don't live.

IN BRIEF

Officer investigated after child struck and killed

British Columbia's police watchdog is investigating after a four-year-old boy was struck and killed by a vehicle being driven by an off-duty RCMP officer in Penticton on Tuesday.

At about 5 p.m., an RCMP officer driving his own vehicle was involved in a collision with the young boy at the intersection of Fairview Road and Highway 97, according to police.

Police said the boy was with his family crossing the road when he was struck.

The boy was taken to hospital but died of his injuries, police said.

The Independent Investigations Office was called in to investigate Tuesday evening and will be collecting evidence from the scene and interviewing any witnesses.

Anyone with information or who may have witnessed the incident is asked to contact the IIO. THE CANADIAN PRESS

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TRANSPORTATION

BC Ferries fares to rise again

Coastal travellers will see stable but rising fares when sailing aboard BC Ferries over the next four years.

Ferries commissioner Gord Macatee confirmed Wednesday that price increases will be capped at 1.9 per cent per year from 2016 to 2020, as proposed earlier this year.

Macatee outlined his decision for the hike in a report after conducting an independent review of the newest Coastal Ferry Services contract.

He determined that answering public demands for a rollback in fares was outside of his authority.

"The commissioner notes that a great deal of work has gone into addressing fare affordability over the past four years," a news release said.

Such efforts have resulted in caps below the Bank of Canada's target inflation rate of two per cent, it said.

Lowering fares was "incompatible" with BC Ferries' mandate to balance its interests as well as those of ferry users and taxpayers, the release said.

The provincial government said the fare increases, beginning next April 1, will be the lowest since 2003.

Transportation Minister Todd Stone described the decision as good news for ferry users.

But he added BC Ferries must keep progressing toward achieving the government's vision of lower fares.

"There is more work for BC Ferries to do over the next four years to further reduce pressure on fares to ensure our coastal ferry service operates as efficiently and affordably as possible, well into the future," Todd said in a release.

In June, BC Ferries announced a $30-million jump in net earnings, and its president Mike Corrigan said that would allow fares to stay at or below projected inflation rates. THE CANADIAN PRESS

> **There is more work for BC Ferries to do over the next four years to further reduce pressure on fares to ensure our coastal ferry service operates as efficiently and affordably as possible, well into the future.**
> Transportation Minister Todd Stone

IN BRIEF

Police investigate suspicious death of 18-month-old girl

The Victoria Police Department is investigating what it believes is the suspicious death of an 18-month-old girl.

Officers were called to a home around 6 a.m. Wednesday to check on the welfare of people inside.

They found a little girl and tried to resuscitate her, but she couldn't be saved.

The girl's mother was taken to hospital, but police haven't revealed her condition.

Police say there is no danger to the public in connection to the death. The name of the little girl isn't being released. THE CANADIAN PRESS

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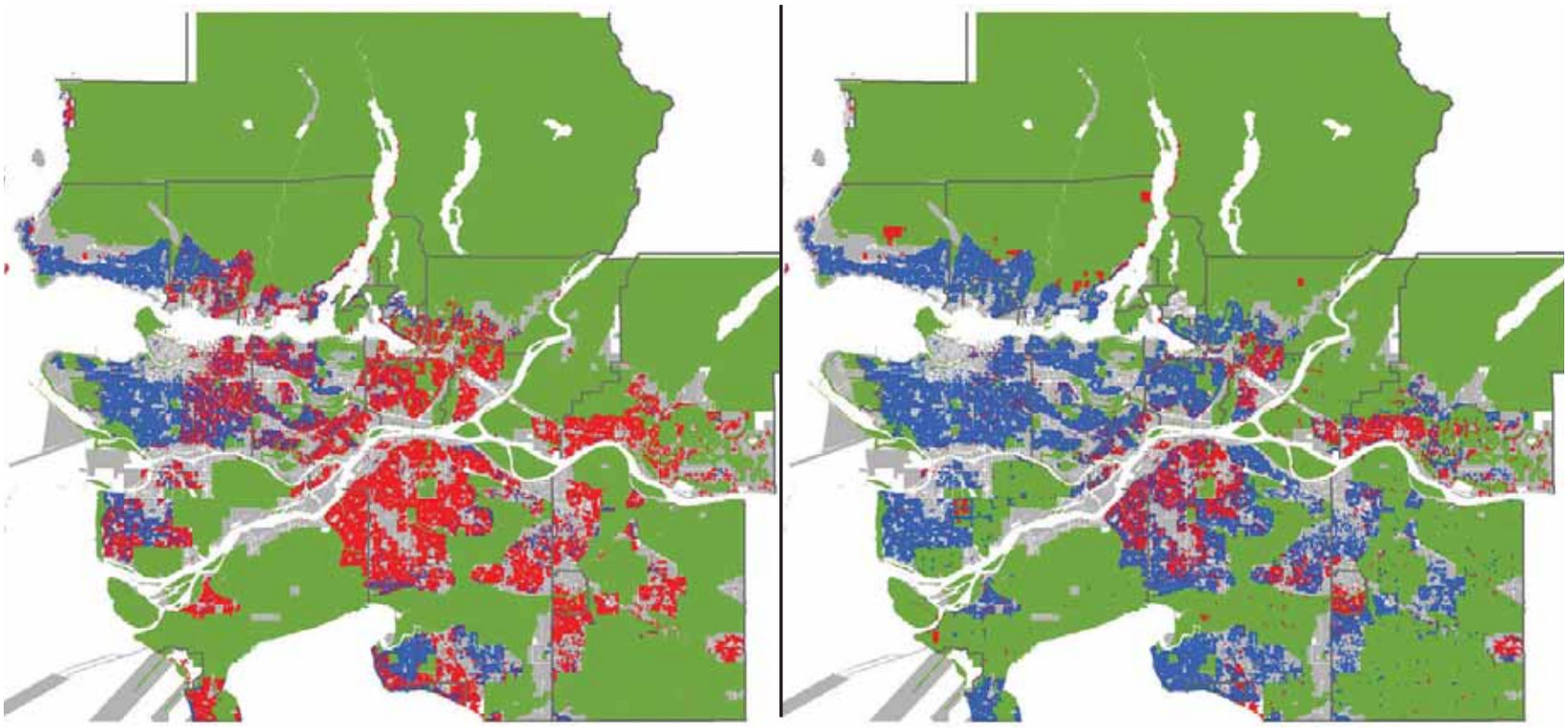

LEFT: The price of Metro Vancouver homes based on 2015 B.C. assessment data. RIGHT: The expense when transportation is factored in. Red dots represent properties that cost less than $1 million; blue dots show those above the $1-million line. COURTESY ANDY YAN

$1M homes span region

REAL ESTATE

Research also examines the effect of costly transportation

Emily Jackson
Metro | Vancouver

There used to be a distinct $1-million line dividing single-family home prices in the City of Vancouver's posh west side and less affluent east side, with homes in the suburbs coming in at well under seven figures.

But that's not the case anymore, according to new research by BTAworks' Andy Yan, who also teaches at UBC's School of Community and Regional Planning.

"It just got obliterated," Yan said of the blurry line.

Yan's new map based on 2015 assessment data shows an influx of $1-million homes across the City of Vancouver and Metro Vancouver municipalities. The number of seven-figure houses expands even more when transportation costs are included, which Yan did for the first time to reflect the true cost of living outside the city's core.

> **"It throws up the challenge to all three levels of government — how do we grow wealth? How do we grow a job base?**
> Andy Yan

"This suggests there's sometimes a deceptively low cost of suburban living," Yan said Wednesday. "It really kind of reflects the cost of living in Metro Vancouver."

In Langley, for instance, only three per cent of homes were assessed at over $1 million, but 75 per cent cost more than $1 million when transportation costs are factored in, Yan said.

His data is based on a Metro Vancouver study of average annual transportation costs. He multiplied these by typical mortgage terms of 25 and 30 years. While the numbers aren't perfect, it paints a picture of commuting costs, he said.

75%

In Langley, only three per cent of homes came in at over $1 million, but 75 per cent hit that level when transportation is factored in.

Yan believes his research makes a good case for building better transit infrastructure to keep costs lower across the region. It also raises the question of how to create jobs that pay well enough for people to afford $1-million homes, he said.

"Historically, housing prices reflect the local job market," he said. "It throws up the challenge to all three levels of government — how do we grow wealth, how do we grow a job base?"

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Certain conditions apply. See your dealer for complete details. **Representative Financing Example**: Financing offer available on approved credit (OAC), on a new 2015 Forte Sedan LX MT (F0541F) with a selling price of $17,652 is based on monthly payments of $174 for 84 months at 0% with a $0 down payment and first monthly payment due at finance inception. Offer also includes $3,000 cash discount. Other taxes, registration, insurance and licensing fees are excluded. *__Cash Purchase Price__ for the new 2015 Optima LX AT (OP742F)/2015 Sportage 2.4L LX AT FWD (SP752F)/2015 Optima Hybrid LX (OP74AF) is $21,452/$23,032/$24,752 and includes a cash discount of $5,000/$4,000/$7,000 including $6,000 cash discount and $1,000 ECO credit. Dealer may sell for less. Other taxes, registration, insurance and licensing fees are excluded. Cash discounts vary by model and trim and are deducted from the negotiated selling price before taxes. **__Representative Leasing Example__**: Lease offer available on approved credit (OAC), on new 2016 Sorento 2.4L LX FWD (SR75AG)/2015 Soul 1.6L LX+ MT (S0533F) with a selling price of $29,332/$20,632 is based on monthly payments of $299/$175 for 60/60 months at 1.9%/0%, $0 security deposit, $1,800/$850 down payment and first monthly payment due at lease inception. Total lease obligation is $17,948/$10,508 with the option to purchase at the end of the term for $11,431/$9,275. Lease has 16,000 km/yr allowance (other packages available and $0.12/km for excess kilometres). [^Ω]Lease payments must be made on a monthly or bi-weekly basis but cannot be made on a weekly basis. Weekly lease payments are for advertising purposes only. [‡]Model shown Manufacturer Suggested Retail Price for 2015 Soul SX Luxury (S0758F)/2015 Sportage SX Luxury (SP759F)/2015 Optima SX Turbo AT (OP748F)/2016 Sorento SX Turbo AWD (SR75IG) is $27,295/$38,495/$34,895/$42,095. The Kia Soul received the lowest number of problems per 100 vehicles among compact multi-purpose vehicles in the proprietary J.D. Power 2015 U.S. Initial Quality Study[SM]. Study based on responses from 84,367 U.S. new-vehicle owners, measuring 244 models and measures opinions after 90 days of ownership. Proprietary study results are based on experiences and perceptions of U.S. owners surveyed from February to May 2015. Your experiences may vary. Visit jdpower.com. The Kia Sorento received the lowest number of problems per 100 vehicles among midsize SUVs in the proprietary J.D. Power 2015 U.S. Initial Quality Study[SM]. Study based on responses from 84,367 U.S. new-vehicle owners, measuring 244 models and measures opinions after 90 days of ownership. Proprietary study results are based on experiences and perceptions of U.S. owners surveyed from February to May 2015. Your experiences may vary. Visit jdpower.com. The 2015 Rio/2015 Forte/2015 Rondo were awarded with the Clef d'or "Best in Class" by L'Annuel de l'automobile 2015. Visit www.annuelauto.com for all the details. The 2016 Sorento/2015 Optima/2015 Sedona/2015 Soul were awarded the 2015 Top Safety Pick by the Insurance Institute for Highway Safety (IIHS) for model year 2016/2015/2015/2015. U.S. models tested. Visit www.iihs.org for full details. Government 5-Star Safety Ratings are part of the National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program (www.SaferCar.gov). 2015 Kia Soul awarded ALG Residual Value Award for highest resale value in its class. Based on ALG's residual value forecast for the 2015 model year. ALG is the industry benchmark for residual values and depreciation data, www.alg.com. The all-new 2016 Kia Sorento was awarded the "iF Design Award" for its outstanding design. The "iF Design Award" is one of the world's most important prizes for excellence in design, www.ifdesign.de. Information in this advertisement is believed to be accurate at the time of printing. For more information on our 5-year warranty coverage, visit kia.ca or call us at 1-877-542-2886. Kia is a trademark of Kia Motors Corporation.

It's all about timing: Political satire comes to Vancouver

BACKSTAGE PASS

Musical opens at York Theatre Saturday night

Graeme McRanor
For Metro | Vancouver

It's good to have a plan — even if it gets tossed out the window.

Sage advice that politicians employ regularly. Except instead of a plan it's a promise, and instead of "if" it's "when."

Oh, look, a sudden and surprising surplus of cynicism!

Timing is everything, they say. Which bodes well for The Best Laid Plans: a Musical.

Presented by Touchstone Theatre and Patrick Street Productions, the production — which has its world premiere at the York Theatre on Saturday night — is based on Terry Fallis' award-winning satirical first novel and is set in and around Ottawa during the run-up to a federal election.

Here's the plot, in a nutshell: "A speechwriter for the leader of the Liberal Opposition is dropping out of politics for the relatively tame world of acadame. Before (he) can cast off politics once and for all, he's given a Herculean task: find a Liberal candidate to run in an unassailable Conservative riding. (He) convinces a crusty old Scot to let his name stand in an election he's sure to lose. But their best laid plans go hilariously awry..."

Governor General Award-winning playwright Vern Thiessen writes the book of the musical; music and lyrics by Benjamin Elliott and Anton Lipovetsky. Peter Jorgensen directs Patti Allan, Shannon Chan-Kent, Meaghan Chenosky, Steffanie Davis, Nick Fontaine, Zahf Paroo, Gordon Roberts, Hal Wesley Rogers, Andrew Wheeler and Katey Wright.

The Best Laid Plans: a Musical opens in previews ($19) tonight and Friday (both shows at 8pm). Runs September 19 to October 3.

For more information, visit TheCultch.com.

BACKGROUND

LET THERE BE LIGHT (AND COLOUR)
Light & Colour: New Works by David Wilson opens at the Kimoto Gallery (1525 West 6th Ave.) tomorrow night.

You'll see "light illuminating clouds, sea and slick city streets. The collection also includes depictions of older cars, which Wilson finds rich with symbolism."

If you're from Vancouver, you'll recognize a lot of the scenes but Wilson hopes you'll see more than just what's in front of you. "I hope the viewer can look beyond the literal image and see what's in there without me having to explain it."

Consider what's in the frame at Kimoto until October 10. More info at DavidWilson.ca and KimotoGallery.com.

RIFF ON VIFF
I'll have more on VIFF next week. For now, consider this a reminder: VIFF starts next Thursday! Get your tickets at VIFF.org.

GRAEME MCRANOR/FOR METRO

The Best Laid Plans: a Musical opens this weekend at the York Theatre. DAVID COOPER PHOTOGRAPHY

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CRIME

Police seek help with ID of victim, suspect

Vancouver police have no suspect and no victim, but they have video of what is believed to be a violent assault of a woman.

Police became aware of the attack when a business turned in video that had been captured on video from its security camera.

The video was from Feb. 2 of this year and police say they've taken a number of steps to try and identify the man and woman involved, but have been unsuccessful.

Investigators are looking for a white man, aged 25 to 40, with a medium build.

He was wearing dark Adidas track pants, a grey hoodie, a light-billed baseball cap and had a dark, hiking-style backpack.

Police say the 30- to 50-year-old aboriginal or Asian woman had short dark hair and was wearing a grey long-sleeved shirt and black pants.

THE CANADIAN PRESS

Vancouver police released surveillance footage of what is believed to be an violent assault on a woman in February this year. COURTESY VANCOUVER POLICE

COURT

Man sentenced in killing won't serve much time

Family and friends of a 19-year-old woman who was strangled and beaten to death reacted angrily outside court in Kamloops, B.C., after a judge sentenced her killer to 11 years in prison.

With time served and credit given at a two-for-one ratio while awaiting trial, Neil Snelson has just one year and nine months left to serve.

A B.C. Supreme Court jury found him guilty of manslaughter in June for the death of Jennifer Cusworth, whose body was found in a ditch outside Kelowna in October 1993.

On Wednesday, Justice Dev Dley said the Crown had not proven beyond a reasonable doubt that Cusworth was sexually assaulted by Snelson before she died. Without that factor, a sentence in the range of 10 to 12 years was in order, he said.

"He was found guilty in two trials and gets a year?" Jennifer's father, Terry Cusworth, told reporters outside court.

The victim's mother, Jean Cusworth, called the sentence "unbelievable."

In 2008, RCMP focused on Snelson, who was at the same house party Cusworth attended. Police obtained his DNA, which matched semen found in Cusworth's body.

> **"We don't have a justice system. We have a legal system and it's badly flawed.**
> Jean Cusworth

Snelson was charged with first-degree murder, but found guilty of the lesser charge of manslaughter by a jury in 2011. The B.C. Court of Appeal ordered a new trial after it found the Crown could not enter as evidence a question put to Snelson by police about whether he was going to plead guilty or innocent.

Crown lawyer Iain Currie had asked for a sentence of at least 15 years, the same sentence given after the first trial in 2011. Defence lawyer Richard Fowler argued for a 10-year to 12-year term.

Dley said Snelson suffered while in jail and spent time in a psychiatric hospital as a result. He is estranged from three of his four children and his wife left him following the first conviction. He continues to deny responsibility.

THE CANADIAN PRESS

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NDP banking on surplus budgets

ELECTION 2015

Repealing fuel subsidies one way to keep books in black

The NDP is promising four years of surplus budgets, using the proceeds from cancelled Tory tax breaks for individuals and a higher corporate tax rate to fund its election platform.

New Democrats rolled out the numbers behind their election platform at a news conference in Ottawa Wednesday afternoon.

The NDP plan commits to a surplus of between $3 billion and $4 billion in the period 2016-17 and 2019-20, the first term of a government elected Oct. 19.

To keep the books in the black, the NDP says it will hike the corporate tax rate by two points to 17 per cent, bringing in an extra $3.7 billion a year in revenue.

The party also expects to get a further $2.2 billion a year by rolling back the Conservatives' income-splitting plan, although the NDP says it will preserve income-splitting for seniors.

That amount also includes savings realized by repealing the Tories' pledge to double savings limits for tax-free savings accounts. Instead, the NDP says it would keep the TFSA saving limit at $5,500 a year.

The NDP says it would reap other savings by repealing "fossil-fuel subsidies," worth $240 million a year, and closing what it calls stock-option loopholes, worth $500 million a year.

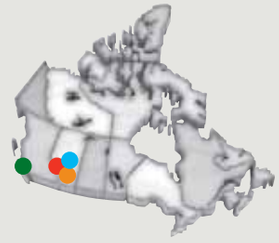
The NDP released its plan in anticipation of Thursday's leaders' debate, which is focused on the economy.

However, it contained few specifics about the initiatives the party has its eye on pursuing, and identified only broad categories where spending was planned.

TORSTAR NEWS SERVICE

The NDP is promising to deliver four consecutive budget surpluses. Leader Tom Mulcair will take part in a debate on the economy on Thursday in Calgary. SEAN KILPATRICK/THE CANADIAN PRESS

WHERE THE LEADERS ARE THURSDAY



- **Stephen Harper** will be in Calgary.
- **Justin Trudeau** will be in Calgary.
- **Tom Mulcair** will be in Calgary.
- **Elizabeth May** will be in Victoria, B.C.

REFUGEE CRISIS

Security, screening a priority: Kenney

Conservative Jason Kenney insists the federal government will soon release details on how it plans to accelerate the intake of 20,000 Iraqi and Syrian refugees but warns there are security matters that take precedence.

The party dispatched Kenney, the defence minister, to respond to a number of issues as Conservative Leader Stephen Harper prepared for Thursday's leaders debate on the economy.

Kenney offered a spirited defence of the government's response to the refugee crisis amid calls that it needs to act faster and accept more people.

He said he has met individuals in refugee camps who told him they have relatives fighting a jihad against Syrian President Bashar Assad.

"I do not mean to suggest for a moment that all or most of the people in the camps are connected to terrorist organizations or constitute a security risk but it is plainly evident that some do," Kenney told reporters in Calgary on Wednesday.

"It would be imprudent in the extreme to pretend otherwise, as Mr. Mulcair and Mr. Trudeau appear to be doing."

NDP Leader Tom Mulcair has promised to resettle 10,000 Syrian refugees by the end of this year and another 9,000 annually for the next four years. Liberal Leader Justin Trudeau has vowed to bring in 25,000 Syrians by the end of the year.

Kenney also rejected suggestions that Canada should consider airlifting people out of refugee camps since many minority groups are often targeted by militants and might choose instead to live in the slums or with extended family members.

He shrugged off advice from Rick Hillier, the former chief of the defence staff, who said Canada needs to do more and should bring in 50,000 refugees by year's end.

"People are picking numbers out of a hat," Kenney said. "At the end of a day, we have to have a manageable number so we can apply the appropriate screening and focus on the most vulnerable."

Kenney's comments come a week after Harper said the government will unveil "in the very near future" its plans to speed up the acceptance of refugees.

In January, the Conservative government announced it would accept 10,000 refugees over three years.

Since last month's election call, Harper has committed to open the country's doors to another 10,000 people over the next four years.

So far, Canada has resettled fewer than 2,500 Syrians. But Kenney said the public needs to realize that Canada's admission of 23,000 Iraqi refugees over the last few years needs to be factored in to the total numbers.

THE CANADIAN PRESS

> **There's a tendency not to report on the Iraqi refugees as though it's a separate issue.**
>
> Jason Kenney, on the 23,000 Iraqi refugees settled in Canada

HAILEY DUNBAR-BLANCHETTE

'She was my baby': Mom in mourning

The mother of a two-year-old girl killed in southern Alberta broke down in tears after an old friend of hers was charged with first-degree murder in the case.

Cheyenne Dunbar said she has no idea why someone would want to harm her daughter, Hailey Dunbar-Blanchette.

"She was my baby," Dunbar told reporters outside the Blairmore RCMP detachment Wednesday morning. "I don't know why anybody would do this to her."

RCMP say Derek James Saretzky faces two counts of first-degree murder in the deaths of Hailey and her father Terry Blanchette.

"Mr. Saretzky also faces one count of indignity to a human body in relation to Hailey's death," Supt. Tony Hamori said.

The girl's body was found Tuesday near Blairmore and her father's body was discovered in a home in the town on Monday. Hailey was the subject of an Amber Alert that stretched across Western Canada and into the United States.

Dunbar, 20, said Saretzky, 22, was an old friend of hers, but they never dated as some reports have suggested. She said both she and police are baffled by the killings.

She said she hadn't spoken to Saretzky in years and had forgotten about him.

"When I knew him he was a great kid. That is all I know," she said. "We were friends, we hung out every once in awhile."

THE CANADIAN PRESS

Officer knew killer: Police

Zane Woodford
Metro | Halifax

Halifax police say they're treating the homicide of Truro police Const. Catherine Campbell as they would any other.

"Every homicide is serious, every homicide has devastating consequences for the people involved, and this is no different," said Supt. Jim Perrin at a news conference Wednesday.

Late Wednesday afternoon, police had a man in custody, but had yet to lay charges, and couldn't say when that might happen. "We have one person in custody. We're not looking for any other people at this time, but obviously that could change; the situation is very fluid," Perrin said.

Const. Catherine Campbell CONTRIBUTED

Campbell's remains were found at 12:10 a.m. Wednesday on Barrington Street, underneath a ramp leading up to the Macdonald Bridge.

Just over an hour later, at 1:20 a.m., police pulled over a vehicle in Clayton Park and arrested a 27-year-old man.

Perrin said police believe Campbell knew the man, who he said had "limited police involvement."

"We're still exploring the details of the relationship," he said.

Campbell was last seen at a downtown Halifax bar in the early hours of Friday morning, though Perrin would not say which bar it was.

Before Wednesday's news conference, it was believed Campbell was last seen on camera going into her apartment, but that had changed as the investigation went on and Perrin said the chain of events wasn't set in stone yet.

A timeline is critically important, and that's one of the things we're working on," he said.

Campbell was reported missing Monday morning when she didn't come into work in Truro — something her family said was completely out of character.

By all accounts, Campbell was a dedicated police officer, and Perrin said police do not believe her line of work — or anything she may have been investigating — was a factor in what happened to her.

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Spain takes refugee tripped by journalist

metro The Syrian Crisis
The goal

Madrid soccer academy sponsors former coach

The Syrian refugee who was tripped at a border hot spot by a Hungarian journalist in an incident that generated global outrage is moving to a Madrid suburb after a Spanish soccer academy offered to help rebuild his life, an official with the school said Wednesday.

Osama Abdul Mohsen and his small son Zaid arrived by train in Madrid Wednesday, said Luis Miguel Pedraza of the CENAFE school that trains soccer coaches. One of the school's coaching graduates who speaks Arabic was on the train with them.

Syrian Osama Abdul Mohsen holds his son as they arrive at the Barcelona train station on Wednesday. THE ASSOCIATED PRESS

Mohsen was captured on video carrying his son when camerawoman Petra Laszlo tripped him and sent him tumbling to the ground in a field full of other migrants running from authorities near the Hungarian village of Roszke.

He ended up in Germany, where media reports revealed he had been a soccer coach in Syria. The school then convinced him to come to Spain, where he will stay for now in an apartment near the school's training facility in the suburb of Getafe.

The school wants to find Mohsen a job in Spain's vast soccer training sector but he speaks only Arabic plus a little English and would need to learn Spanish, said Pedraza, a former national level soccer referee.

"The first thing is to get him settled," Pedraza said. "First we're giving him a hand as a humanitarian gesture. Later we'll look for something. He's interested in our school."

The school also plans to help Mohsen apply for asylum in Spain.

The country last week agreed to take 17,680 refugees from Syria and other countries under a plan set up by the European Commission.

Laszlo was fired from her job at the right-wing N1TV online channel after footage was aired of her tripping Mohsen and kicking other migrants. THE ASSOCIATED PRESS

NATURAL DISASTER

Strong earthquake rocks Chile's capital

A powerful magnitude-8.3 earthquake hit off Chile's northern coast Wednesday night, causing buildings to sway in the capital of Santiago and bringing flooding from small tsunami waves in some shore towns.

Officials reported three deaths. There were no reports of serious damage hours after the quake, but officials were still checking the region late into the night.

Authorities had issued a tsunami alert for Chile's entire Pacific coast, and the tremor was so strong that people on the other side of the continent, in Buenos Aires, Argentina, reported feeling it.

Numerous strong aftershocks, including one measuring 7.0 magnitude and three above 6, rattled the region after the first major tremor since a powerful quake and tsunami killed hundreds in 2010 and levelled part of the city of Concepcion in south-central Chile.

"Once again we must confront a powerful blow from nature," President Michelle Bachelet said, addressing the nation late Wednesday.

Bachelet gave no details about the deaths. She urged people who had been evacuated from coastal areas to stay on high ground until authorities could fully evaluate the situation early Thursday. THE ASSOCIATED PRESS

IN BRIEF

Rivals can't dismiss Trump
Donald Trump's unexpected durability has led some of his Republican rivals to shift their strategy for the second debate. Their goal has been to engage Trump, without inflicting any damage on their own campaigns. The change reflects an evolution in the way Trump is viewed within the party. No longer dismissed as a summer fling, Republicans increasingly see him as a candidate who could remain atop the field for months. THE ASSOCIATED PRESS

HUNGARY

Tear gas, water cannons, fired at migrants on Serbian border

Europe's migrant crisis took another ugly turn Wednesday when Hungarian riot police used tear gas, pepper spray and water cannons to beat back hundreds of people massed at the border with Serbia after some broke through a gate. Children cried as they fled from the acrid smoke, and several people fainted in the chaos.

With the route through Hungary apparently closed, some migrants set out on a longer, more arduous route into Western Europe through Croatia.

Frustrated migrants — many of them war refugees from Syria and Iraq — who were blocked on the Serbian side of the border threw plastic water bottles and rocks at helmeted riot police and chanted demands that the now-sealed border be re-opened.

"We fled wars and violence and did not expect such brutality and inhumane treatment in Europe," said Amir Hassan, an Iraqi who was soaking wet from the water cannon and trying to wash tear gas from his eyes. "Shame on you, Hungarians," he shouted pointing in the direction of the shielded Hungarian policemen who were firing volleys of tear gas canisters directly into the crowd.

Migrants demonstrate at the crossing near Horgos, Serbia, Wednesday. TAMAS SOKI-MTI/ THE ASSOCIATED PRESS

One of those who fainted was a woman holding a baby. Children and women cried while young men with scarves over their faces hurled stones as they charged toward the police through thick tear gas smoke. Several Serbian ambulances arrived to treat the injured.

The crowd also lit up old tires, causing dark smoke to fill the air. Hungarian media reported that a pregnant woman began giving birth to a baby amid the clashes.

The tensions escalated after hundreds of people broke through a border gate and were pushed back by the Hungarian police.

Before that, some women had pushed to the front of the crowd holding small babies and children above their heads as they faced police in an obvious appeal for mercy, but no one made it through.

Government spokesman Zoltan Kovacs described the group as an "armed mob of illegal migrants," telling reporters at the border that "these people are using kids as a human shield." THE ASSOCIATED PRESS

AUSTRALIA

'No Jab, No Pay' bill threatens families

The Australian government said on Wednesday that it will pass a law that would withhold child care and other payments from families that fail to immunize their children.

The "No Jab, No Pay Bill" introduced to Parliament would also remove a category of "conscientious objector" that allowed parents to remain eligible for full government benefits despite not immunizing their children.

"The choice made by some families not to vaccinate their children is not supported by public policy or medical research, nor should such action be supported by taxpayers in the form of family payments," Social Services Minister Scott Morrison told Parliament.

Families would lose up to 15,000 Australian dollars ($11,000 US) per child per year in tax and child care benefits. THE ASSOCIATED PRESS

IN BRIEF

Hospitals warned in India
As India's capital struggles with its worst outbreak of dengue fever in five years, officials threatened Wednesday to cancel private hospitals' licences if they turn away patients. The families of two young boys said they succumbed after being repeatedly denied treatment. The parents of one of the boys — an only child — reportedly killed themselves when he passed away after being rejected at five hospitals. THE ASSOCIATED PRESS

Rare tiger kills zookeeper
A rare Sumatran tiger fatally wounded a keeper it had known for years at a zoo in southwestern Poland on Wednesday, officials said. The tiger attacked the man at the zoo in the city of Wroclaw during routine cleaning of the animal's run. The 58-year-old keeper had eight years of experience in caring for predators. The 150-year-old zoo is due to host a conference of European zoo directors on Thursday. THE ASSOCIATED PRESS

TEXAS

Charges are dropped against Muslim teen

A Muslim teenager detained by police after a teacher at his North Texas high school decided that a homemade clock he proudly brought to class looked like a bomb will not face criminal charges.

Ahmed Mohamed will not be charged with possessing a hoax bomb because there's no evidence the 14-year-old meant to cause alarm Monday at the school in the Dallas suburb of Irving, the police chief said.

Ahmed's family said the boy — who told the Dallas Morning News he makes his own radios, repairs his own go-kart and on Sunday spent about 20 minutes assembling a clock using a circuit board, power supply and other items — was suspended for three days after taking the clock to class.

His father suggested officials reacted as they did because of the boy's name and faith. THE ASSOCIATED PRESS

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Winning combo of quality, selection

Find your taste at Royal Centre Mall food court

As fall approaches, cool temperatures and inclement weather are encouraging downtown visitors, workers and residents to venture indoors in search of a great meal.

There is no better concentration of fresh, delicious options than the food court at Royal Centre Mall, beside Burrard SkyTrain Station.

"The Royal Centre food court is the best place to go if you're looking for a winning combo of quality and selection," says David Basford, manager of Royal Centre.

The food court has a range of diverse tenants, each with their own special offerings.

"Vancouver is such an international city with a huge range of high-quality food," Basford says. "We've collected those options in one place that's central and convenient for the downtown lunch crowd."

Walk into the Royal Centre food court and you will find many specialties from which to choose.

Le Viet Cuisine provides one of Vancouver's favourite affordable and delicious meals. Pho, also known as Vietnamese noodle soup, is one of the most popular items on the menu. Other favourites include fresh banh mi (Vietnamese subs), lemongrass chicken platter, and Le Viet's famous pork or veggie spring rolls.

"Everything we make is homemade so it's fresh everyday," says Trina Vo, daughter of the owner of Le Viet Cuisine. "My mom simmers the pho soup broth for a long period of time, using only the freshest ingredients. Along with the pho soup broth, our entire menu is based on traditional family recipes."

Are you looking for sweet and savoury Asian flavours? Teriyaki Experience makes a mean teriyaki chicken, beef, shrimp or tofu. Specials include the stir-fried Ginger Sesame Beef, served with green pepper, carrots, mushrooms on udon or rice. If you are looking for something with a kick to it, try the Hot and Spicy Chicken, stir-fried with red and green peppers and sweet onion and served with yaki soba or rice.

Taco Time is the place for Mexican food. The restaurant serves authentic Mexican specialties, including beef, chicken, veggie and fish tacos, all available in crispy corn shell or soft flour wrap. Build your tacos to taste using tomatoes, onions, lettuce, salsa, hot sauce, guacamole, sour cream, and other toppings.

On Taco Tuesdays, tacos are about a dollar off, and everyday customers can take advantage of the two-taco combo, served with Mexican fries and a medium drink.

These are just four options, but there are so many other choices available. Whether you are looking for something hearty or light, cooling or warm, the Royal Centre food court restaurants make it fresh and delicious.

International soul food

South of Portugal, Deep South United States — it's a perfect culinary match at Li'l Cheese Steak Spot in Royal Centre Mall's food court.

The shop, which opened in January, offers a small, carefully chosen selection of fusion dishes made with fresh ingredients and real whole foods.

"This isn't your Philly cheesesteak," says owner Monteen Jones, who was born in Louisiana and her co-owner is from the south of Portugal. "Our flavours focus on olive oil, lemon juice, garlic and cilantro. Everything is fresh. No processed foods here."

At Li'l Cheese Steak Spot in Royal Centre's food court, the two cultures merge perfectly to create savoury, saucy sandwiches fresh for anyone looking for a satisfying lunch.

The restaurant's signature sandwich is the

CONTRIBUTED

cheesesteak made with thinly sliced rib-eye steak, melted cheese, grilled onions, banana peppers, covered in house sauce or pesto on handmade bread. If sandwiches aren't your thing, they also offer lite combo platters that pair any of their delicious salads with their savoury meat options.

All food comes in completely compostable packaging, cutlery included.

"We make everything from scratch," Monteen says. "It's our healthy, international version of soul food."

FRESHEN UP YOUR LUNCH ROUTINE

Fall is a time for change — back to school for students and back to work for downtown denizens. If you are looking for change this fall, why not switch up your lunch options and try something new?

"September is a great time to make a change in your life, and one of the best and easiest ways to do that is to find new and exciting options for lunch," says David Basford, manager of Royal Centre Mall in downtown Vancouver, whose food court offers a diverse array of fresh lunch options.

"Lunch is an important part of the day," Basford says.

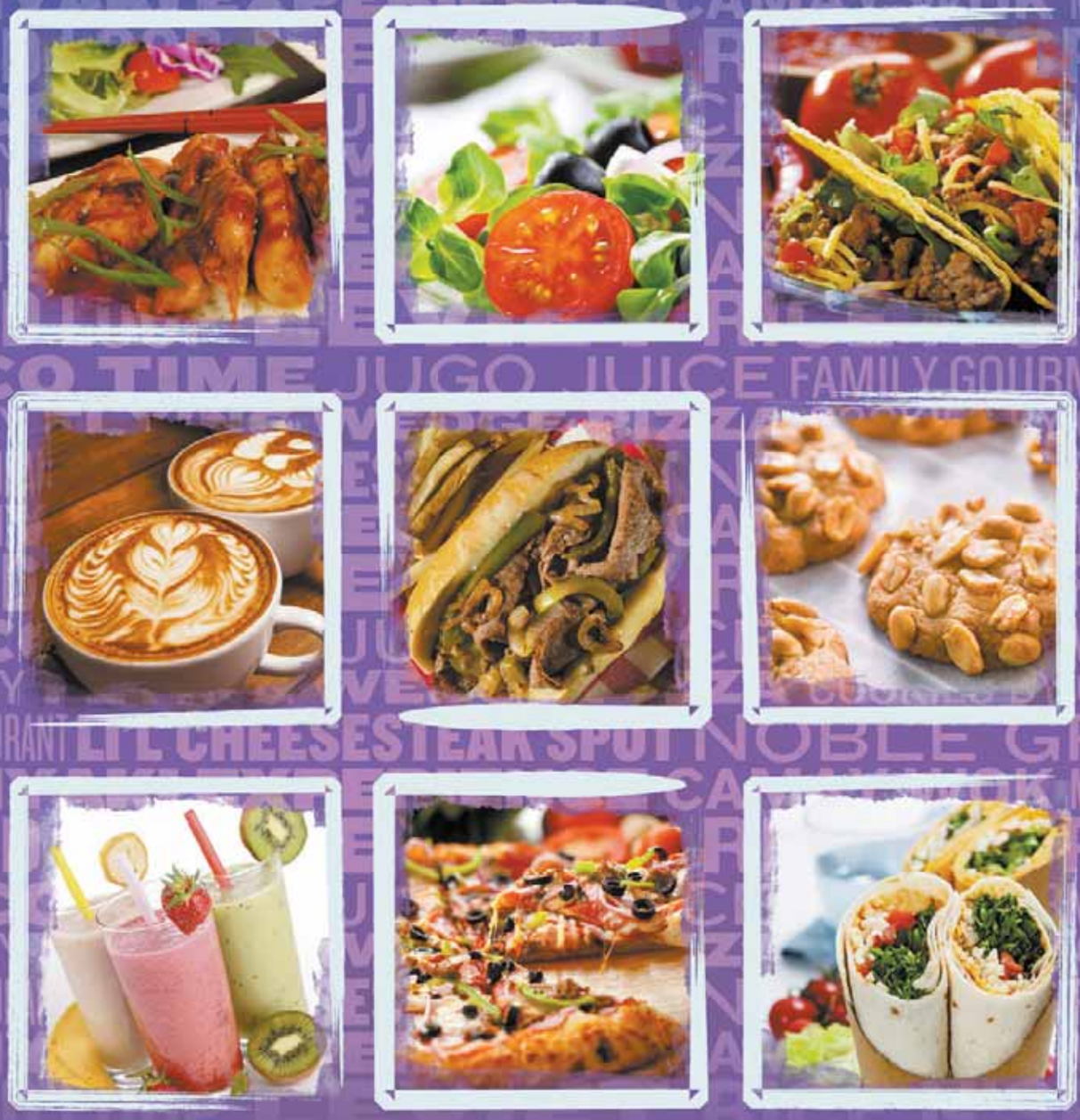
"It's an opportunity to step away from your work and unwind, taking time to visit with friends and enjoy the flavours the city has to offer."

The food court at Royal Centre is home to a plethora of fresh and delicious options for anyone in search of lunch downtown.

"The food court here is a gathering place,"

CONTRIBUTED

Basford says. "It's a social hub where people come together from all walks of life to enjoy the wide variety of options we have available. We've got something for everyone."



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IN BRIEF

OECD sees lower growth
Paris-based OECD has lowered its estimate for Canada's economic growth this year to 1.1 per cent — down 0.4 of a percentage point — as weakened conditions affect countries around the world.
THE CANADIAN PRESS

La Presse ends print run
Montreal La Presse says it will end the weekday printing of its daily newspaper on Jan. 1, nearly three years after introducing its free digital tablet edition.
THE CANADIAN PRESS

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Retailers get digital lifeline

TECHNOLOGY

Montreal firm says it can help companies get into new age

Dax Dasilva, CEO of Lightspeed, in his Montreal office Tuesday. PAUL CHIASSON/THE CANADIAN PRESS

A Montreal tech company with big ambitions for global growth says it has an inexpensive solution for restaurateurs and other retailers looking to thrive in the digital age.

Lightspeed says its cloud-based software system can assist mid-sized retailers and restaurants manage inventory, take orders, process payments, analyze customer shopping patterns and develop an e-commerce presence.

Founder and CEO Dax Dasilva says Lightspeed's customers average $600,000 a year in sales per location, and up to 50 stores.

For a monthly fee that can start as low as $76 a month, they can access Lightspeed software and apps either from mobile devices like iPads or older desktop computer systems.

Running a business is much more complicated than it was 20 years ago, Dasilva said. Business owners not only need to have strong in-store offerings — they also need a strong online and social media presence.

"So in order to be this modern independent retailer … they need somebody on their side to build systems that will help them be four people at once," the 39-year-old Vancouver native said.

> **They need somebody … help them be four people at once.**
> Dax Dasilva

Founded in 2005, Lightspeed is doubling its business annually. It already has 25,000 customers in more than 100 countries, including about 1,500 restaurants, that process $10 billion worth of yearly transactions.

It hopes to further expand its global reach after Quebec's Caisse de depot and Investissement Québec led an $80-million investment involving original funding partners Accel Partners and iNovia Capital. Lightspeed said it has been inspired by Canadian tech companies like Ottawa's Shopify and Hootsuite in Vancouver.

"We want to be the tech anchor in Montreal," Dasilva said during an interview in his office in a renovated building in Old Montreal — one of eight offices around the world.

Lightspeed is looking to take advantage of new regulations in Europe and North America to sell its retail and restaurant programs.

Quebec has joined several countries in Europe and Latin America that require bars and restaurants to provide sales transactions to ensure proper payment of taxes.

In the United States, the credit card industry is switching to chip cards long used in Canada to cut down on fraud.

That's a big potential growth market for companies like Lightspeed that work with payment processors, said Dasilva.
THE CANADIAN PRESS

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MOBILE DEVICES

Apple updating its software

Apple's mobile devices got free software updates Wednesday, as iPhones and iPads received battery improvements and a smarter virtual assistant, while the Apple Watch got more types of apps.

The new features and capabilities are primarily refinements rather than anything transformative, yet they are still worth getting, especially as new apps often require the latest version to work. Back up your device and make sure your favourite apps will be compatible. Popular apps will likely have updates right away, but obscure ones might need more time to catch up.

When you're ready for iOS 9 for iPhones and iPads, go to "General," then "Software Update" in the settings. You need at least 1.3 gigabytes of free space. For Apple Watch's watchOS 2, get iOS 9 on the iPhone, then go to the phone's Apple Watch app. New devices will ship with the updates already installed. A separate Mac update, known as El Capitan, will come this fall.

Although some features such as 3D Touch contextual menus will require the new iPhones that are coming next week, existing devices will get:

Battery life: Besides under-the-hood improvements, a new low-power mode will reduce or turn off non-essential tasks such as visual effects and automatic downloads. The phone also won't check for new mail or update content for apps in the background as often.

Navigation: From the main home screen, swipe left to right for a new search screen. The Siri virtual assistant suggests frequently used contacts and apps and nearby businesses, taking into account whether it's evening or lunch time. As you jump around from app to app, some apps show a new back button on the top left corner to get you back to what you were doing.
THE ASSOCIATED PRESS

WHAT'S GONE

Newsstand icon no more
The Newsstand icon is replaced by an unrelated News service. You can recreate Newsstand by putting all the publications apps into the same folder. Also Passbook gets replaced by Wallet.

SOCIAL MEDIA

Facebook working on empathy

Facebook may finally be getting a button that lets you quickly express something beyond a "like." Founder and CEO Mark Zuckerberg said Tuesday that people have been asking for a "dislike" button on the social media site for years.

Speaking at an event at Facebook's Menlo Park, Calif., headquarters that was streamed live online, Zuckerberg acknowledged that "like" isn't always appropriate for some posts — about a tragic news event, for example — when people might want to express empathy.

Zuckerberg said the company, however, has veered away from making a "dislike" button, which could be used to vote down other people's posts. He said the new button is ready to be tested soon and could be rolled out broadly depending on how it does.
THE ASSOCIATED PRESS

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metro VIEWS

Heard it through the grapevine: Australian geographers spark debate by finding that 21 distinct indigenous folktales transmitted orally for 7,000 years describe a real climatic event.

CHANTAL HÉBERT: ON THE DISTINCTLY CENTRIST NDP

“It is hard to connect enough dots to get a solid take on the big picture of the first NDP government. Reading between the lines, it hardly looks worth the 60-year wait of the Canadian left.

Jim Flaherty could have signed off on the fiscal framework the NDP presented on Wednesday. It borrows more from the late finance minister’s budgets than it offers original content — at least at the front end of a New Democrat federal mandate.

That starts with the tax-cutting infrastructure Flaherty put in place over his near decade as Stephen Harper’s finance minister. Under a federal government run by Thomas Mulcair, its main pieces would remain untouched, and with them the toll they take on the federal government’s capacity to finance programs.

The recent doubling of the annual contribution to a tax-free savings account would be reversed, but the concept itself would be retained, as would the Conservative income-splitting plan, inasmuch at it applies to seniors.

The two-point cut in the GST; the universal child benefit — as recently enhanced by Flaherty’s successor Joe Oliver — would also be there to stay.

The NDP would reverse the decline in the corporate tax rate, but at 17 per cent instead of the 15 per cent that it would remain over the average maintained under Flaherty.

As promised by Mulcair, the NDP, according to its fiscal framework, would deliver balanced budgets and, possibly, a surplus for every year of a full mandate — for a cumulative total of more than $14 billion.

The price that the New Democrats are willing to pay to beat the Liberals on the deficit front and the Conservatives at the surplus game is on the front of activism.

At least over the first few years, Canadians might not see much difference in the level of federal engagement on the social front.

There would not be a lot of money in the first years to lure the provinces into buying the ambitious national child-care program that is a centrepiece of Mulcair’s platform.

The promise to maintain the increase in the yearly health transfer at six per cent once the current arrangements run out in 2017 would come with strings attached for the provinces.

The extra money would be conditional on implementing the NDP’s agenda for — among other items — more palliative and long-term care, the recruitment of more doctors and the opening of more primary care clinics.

The multi-year commitments to public transit and municipal infrastructure look modest when they are unbundled in annual installments.

On Wednesday, party spokespeople described the commitment to raising Canada’s contribution to foreign aid to 0.7 per cent of Canada’s gross national product as “aspirational.”

By all indications, Mulcair’s pledge to balance the books is doable. Fulfilling his more ambitious promises could turn out to be another story. In many instances, one would not know until a second NDP mandate.

As for the political algebra that is behind the party’s fiscal choices, many questions remain.

A two per cent hike in the corporate tax rate may sound modest, but that does not mean it will be well received. In a rare show of agreement, the Conservatives and the Liberals instantly predicted that it would result in significant job losses.

At seven pages — including pictures — the NDP handout fell well short of a detailed platform or even a précis of one. According to the New Democrats, that’s because some of the measures the party has already factored in its spending plans have not yet been announced.

Still, as fiscal plans go, this one was on the light side. Most government or corporate business plans do not tend to list spending categories under headings such as “Help Where it’s Needed Most.” For those who wonder, the NDP would throw about $3 billion over four years in that generic pot.

Given all of the above, it is hard to connect enough dots to get a solid take on the big picture of the first NDP federal government. But reading between the lines of the fiscal framework, that government hardly looks like it was worth the 60-year wait of the Canadian left.

By comparison, the manifesto published earlier this week by a group of high-profile activists comes across like a prescription for a revolution.

Some of its leading signatories have long-standing ties to the New Democrats. It is hard to imagine that they inhabit the same planet as Mulcair’s NDP.

Chantal Hébert is a national affairs writer. Her column appears in Metro every Thursday.

THE MICROTREND: Antibiotic use doesn’t MOOve

Chicken farmers have flocked to the antibiotic-free trend: Consumers are demanding it, and for producers it means reduced costs and a lower chance of creating scary super-bugs. But ranchers raising cows seem to have less of a beef with the idea of loading animals up with antibacterial medicines. They haven’t significantly reduced their use. The price of red meat hit historic highs this year, topping at an average of $6 per pound in July — and why change when things are going so well? Though organic beef sells for about 80 per cent more, making the switch takes upfront investment, paperwork and risk. As livestock goes, cows live for a pretty long time , and that means more opportunity for nasty bugs to spread through the herd. SOURCE: GRUB STREET

metroview

We can’t define ourselves by our borders anymore

Michael Coren
For Metro

Tears are not enough. To be more specific, a few days of emotion over an iconic photograph of a little boy who died as his parents fled Middle Eastern anarchy and violence for western stability and peace will not solve anything at all. Worse than this, it tends to make us feel comfortable in our sorrow, as though a passing concern puts matters right. It doesn’t.

The solution to the entire migrant issue and what will be the ongoing mass movement of refugees and transient populations is a profound rethinking of what we mean by nation, citizenship and identity. We need to do this in North America, but in Europe it is even more necessary and even more challenging.

All of us live in community, and if a nation is anything at all, it is a collective of disparate individuals rather than a cookie-cutter assembly of men and women of the same kind and with the same passport. We should be defined not by how firmly we lock the door, but how widely we open it.

This continent is more experienced and comfortable with mass immigration. The United States, for example, once considered adopting German as a second language because of the enormous numbers of German immigrants. It’s facing similar discussions now with Spanish. Canada was once largely Protestant, but is now more than 40 per cent Catholic. Ontario was solidly Anglo-Celtic, but Toronto is now the most multicultural city in the world. And in spite of what the usual suspects say, it works.

Much of Europe, however, still thinks in loose terms of race and nationalism. This is not to say that European countries are reactionary or racist — mind you, in Hungary and parts of Eastern, central and even Mediterranean Europe there are some troubling indications — but that to most Europeans, the future of their country is based on the past, and not some potential that requires change and adaptation.

Yet with social media and television, most cultural boundaries disappeared some years ago. Economic and trade barriers are increasingly redundant. And religious dominance by one particular faith is, for most of us, a historical footnote.

I realize, of course, that the new wave of migrants is different from that of the past. At the moment they’re mostly Arab or Afghan, and that enables many toxins — racist toxins — to be pumped into the bloodstream of the body politic. Let’s not be disingenuous: Newcomers are seldom welcomed, and whenever there is an excuse to reject or even hate, some people will find it. The latest empty warning is about terrorism and fundamentalism. We have to do better than that. Change is hard, but change is essential.

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metro LIFE

Quilt gifted to Maya Angelou by Oprah fetches $461,000

Mindy mines motherhood

RELAUNCH

Party girl actress and writer is all grown up in fourth season

Lisa Weidenfeld
Metro | New York

The Mindy Project has not had an easy time on the air. The show has been in danger of cancellation almost every season and has gone through a series of cast changes.

Last spring, Fox finally pulled the plug. But luckily for fans of the show, online streaming service Hulu was on the hunt for original programming and scooped it up. CityTV will broadcast and stream it for Canadian viewers.

The switch to streaming comes with some perks according to series creator Mindy Kaling. "To not have to worry about what the ratings were the next day, because who knows what the promotion had been for the show, and all those other things, is going to be a nice change for me personally," she explains.

"I know that going into this that being a showrunner and being a show creator, it's not just about writing and acting and the side of it that's the art and the creativity. I know it's about the business, and I have been very focused on that in the last couple of years."

She adds, a little wryly, "That'll be good to take that energy that I had about worrying about ratings and put it into a different worry."

But it's not just behind the scenes where a lot of changes are in store: The fictional Mindy Lahiri will be trying to define herself as a mother this season.

"She is such a funny character with so many idiosyncrasies, and to put that towards motherhood has been such a delight," she says.

Kaling says that in particular, it's been fun to transition from writing about all the different ways to be a "crazy single woman in Manhattan" to trying to figure out how parenting would work between a Catholic man and "an agnostic, Hindu party girl, who doesn't really believe in anything."

The act of parenting itself is not the only challenge Mindy Lahiri will face. There's also the challenge of being a working, ambitious mother with a young child. Asked if Lahiri will do well with the prospect of taking some time off, Kaling says, "She does not react well to it. One of the things I'm most excited about this season is toying with the ideas of a working mom."

The whole working mom thing may change Lahiri's own assumptions about what she thought it would be like.

"I think Mindy is someone who in the past has been like, 'the minute I get married, I am stopping working. I'm going to be an insufferable yoga mom with a hot body, and I'm going to be drunk all day.' (She's) seeing the reality of what it's like to take care of a baby and a human that you love and trying to balance that with her ambition."

Don't go thinking that just because Lahiri has been a little shallow in the past, she'll be an irresponsible parent — though there will be the usual "Mindy" twist to things. "We all decided in the (writers') room, the most important thing is that we know that she's going to be a good mom. And inherently she is a good person. But she does some really terrible things," says Kaling.

One of the biggest fan favourite moments on the show was when Chris Messina showed off some unexpected dance moves as Mindy's beau, Danny.

Kaling says they've been "asked so much about his dancing" that "we make a reference to it in a very fun way and address it in a fun way."

So he won't be dancing again, per se, but "he's very multitalented, so we have other things that he does that we're going to be taking advantage of this season."

And it sounds like she's feeling sympathetic to Messina about the whole thing: "God bless Chris. I feel like he probably gets asked about it more than anything else."

No wonder she wants to have him show off some other skills.

BOOK RELEASE

Why Not Me? gives Kaling fans an inside look at her life

Mindy Kaling may be gearing up for the fourth season of her TV show, The Mindy Project, but that didn't deter her from writing another wildly entertaining and completely relatable book, Why Not Me?

Her first memoir, Is Everyone Hanging Out Without Me? (And Other Concerns), spent time on several bestseller lists. Why Not Me? will certainly follow in its footsteps.

Not only does Kaling write about her views on weddings, dinner parties and how to look spectacular in a photo shoot, she also allows readers to peek inside her dating life. This includes a civic-minded beau who happened to work for the president of the United States, an imaginary history teacher and B.J. Novak. Her long-time friendship with Novak can only be described as a little messy and very touching.

More than anything, Why Not Me? is a story about Mindy Kaling's work ethic. Kaling is gracious enough to spill her secrets here: all you need is a ton of dedication to your craft, a lot of confidence, a touch of bravery and a server at McDonald's who knows your name.

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FALL REFRESH

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TIP

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Whose bio you gonna curl up with?

CRITICAL APPRECIATION

Book celebrates the constancy of Bill Murray's popularity

Richard Crouse
For Metro Canada

In the 1950s, author Robert Schnakenberg's father was the letter carrier who delivered jazz legend Louis Armstrong's mail. "Louis would say, 'Hi Mr. Mailman' and sometimes Louis and his wife would invite my dad in for coffee. That is sort of my claim to fame."

It also began a career Schnakenberg says involves "lurking around the edges of famous people." The author of more than a dozen books, including The Encyclopedia Shatnerica and Christopher Walken A-to-Z, Schnakenberg's latest is The Big Bad Book of Bill Murray, a weighty tome analyzing the life and career of everybody's favourite Ghostbuster.

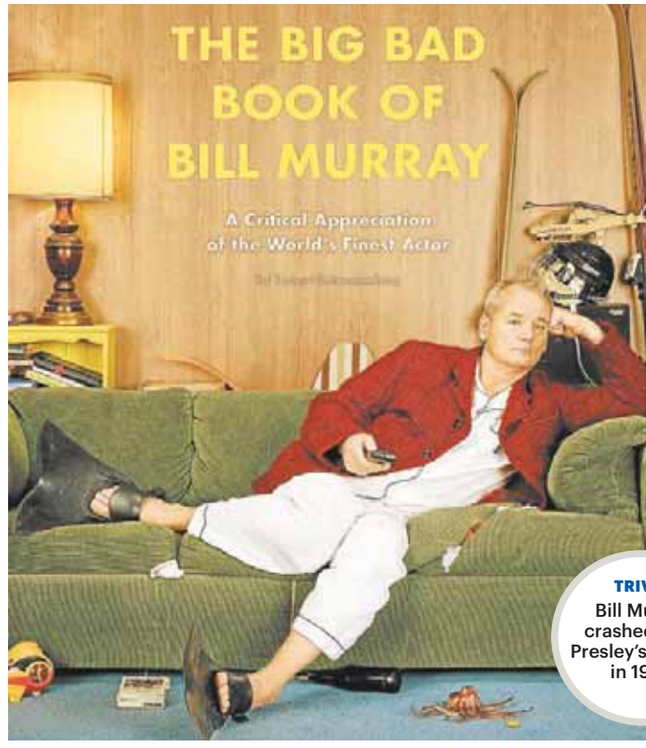
"They're more history books than puff pieces about celebrities," he says on the line from his Brooklyn home. "I wanted to approach them from a quasi or mock academic perspective and treat them as if they were historic artefacts rather than just pop culture icons."

Murray was a perfect subject for the pop historian. "I had done two previous A-to-Zs and was looking around for a third person to round out the trilogy. I had visions of a three volume slip case edition in my head."

Murray fit the criteria. "Who has a long career? Who has left a paper trail of interviews and profiles? Who has an off-camera persona that is just as interesting as what they do onscreen? It just clicked last year. He reached a point of saturation with all these viral videos going around that (the publisher)said, 'Let's do the book now.'"

The volume provides an overview of Murray's long and varied time in the public eye. From critical appreciations of his films, to interesting trivia, The Big Bad Book of Bill Murray spans decades of fascinating behaviour.

> **He was always cool; just cool in different forms over the years**
> Author Robert Schnakenberg



TRIVIA
Bill Murray crashed Elvis Presley's funeral in 1977.

BY THE DECADE

Murray an actor for the ages

"His career provides a lot of entry points for people who want to get into him," says Schnakenberg.

"If you came of age in the '70s, the way that I did, you remember the Saturday Night Live version of Bill Murray.

"If you were 13 in 1984 you probably think of him as Ghostbusters Bill Murray.

"If you were a proto-hipster in the '90s your image is probably the guy in all the Wes Anderson movies.

"Now people know him as the dishevelled guy who crashes people's parties."

The point is, for almost forty years Bill Murray has been a constant in our lives.

"Bill Murray never had to come back because he never went away," says the author. "He was always cool; just cool in different forms over the years."

KATE BEATON

Feminism, by way of Graphic novels

Sue Carter
For Metro Canada

People identify as feminists for a multitude of reasons, both personal and political.

When Kate Beaton first started posting her online comic, Hark! A Vagrant, her focus was on parodying male-dominated history and literature in the most absurdist way possible. Feminism, while always the undercurrent, has never been the point of her sly punch lines, despite her love of suffragettes and the Brontë sisters.

"I started making comics about history and they had women in them, and people were like, 'Wow, what kind of feminist work is this?'" Beaton says. "It wasn't a choice that I made: 'Oh, I'm going to blow the lid off this.' But people noticed. And then you get called a feminist author."

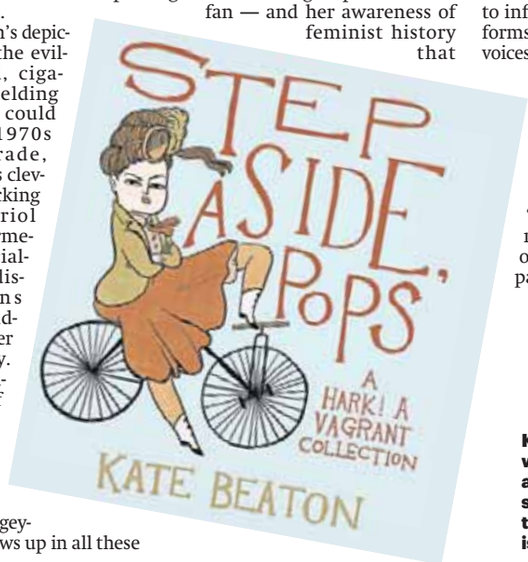
Armed with a history degree from New Brunswick's Mount Allison University and a stint working at the maritime museum in Victoria — coupled with an insatiable appetite for research, literature and pop culture — the Cape Breton–born artist's website quickly became a destination for intellectual comics lovers.

Beaton's first collection, Hark! A Vagrant, published by the venerable Drawn & Quarterly, became a New York Times bestseller. Her new book, Step Aside, Pops, kicks off where the last book ended, introducing a new arsenal of characters such as the fork-tongued "Straw Feminists" who pop up during already terrifying shopping trips for training bras and in the closets of un- suspecting children.

Beaton's depiction of the evil-minded, cigarette-wielding women could seem 1970s retrograde, but she's cleverly mocking the vitriol that permeates social-media discussions surrounding gender equality. "The image of the bra-burning, ball-chopping boogeyman shows up in all these conversations where you're trying to talk about feminism," Beaton says. "It's an image that scares younger women away because they think feminists are these joyless, awful people. This heartless person who just wants to destroy the world. But it's a funny character to me. It always comes back to humour."

Ultimately, it's Beaton's love of old-school literary humour — she's a big Stephen Leacock fan — and her awareness of feminist history that has made Hark! A Vagrant part of the current zeitgeist. There are hilarious interpretations of cultural icons such as Nancy Drew, Wonder Woman and Agent Scully from The X-Files. But Beaton gives equal space to women such as public-health physician Dr. Sara Josephine Baker and 1930s civil-rights activist Ida B. Wells, one of her personal heroes.

"People have such access to information and such platforms to talk from now. Other voices and characters and other stories are being told, and demanding a change in the way we learn history, and the way we look at movies and literature and everything else," says Beaton. "There's just a palpable movement in this shift of the status quo. I'm just part of that, I think."



Kate Beaton's latest work introduces a new arsenal of characters, such as the fork-tongued "Straw Feminists". HANDOUT

Sue Carter is the editor at Quill & Quire magazine.

LITERARY PRIZES

No Canucks made 2015 Booker list

Jamaica's Marlon James is one of six finalists. HANDOUT

Pulitzer Prize-winning American author Anne Tyler and Jamaica's Marlon James are among six finalists for the 50,000-pound ($77,000) Booker Prize for fiction.

James is the first Jamaican finalist for the prestigious prize, with A Brief History of Seven Killings, which centres on the attempted assassination of Bob Marley.

Tyler's A Spool of Blue Thread is one of two books by Americans on the list, alongside Hawaiian writer Hanya Yanagihara's A Little Life.

Two years ago, writers of all nationalities became eligible for the Booker, previously open only to British, Irish and Commonwealth authors.

The list, announced Tuesday, includes two books by Britons —Tom McCarthy's Satin Island and Sunjeev Sahota's The Year of the Runaways and The Fishermen, by Nigeria's Chigozie Obioma.

No Canadians were on the list. Michael Ondaatje won the prize in 1992 for The English Patient and Margaret Atwood won for The Blind Assassin in 2000.

THE CANADIAN PRESS

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SEE WHAT'S NEW... CHECK OUT OUR LATEST OFFER ON PAGE 35

And now we turn to Oscar

Award buzz begins as the festival draws to a close

Ned Ehrbar
Metro | TIFF

The Toronto International Film Festival is practically the official kick-off of awards season, with many movies debuting at TIFF looking to go on and dominate the Oscars race.

So how has this year's crop fared as far as potential awards glory? Some might say it's too early to speculate, but what's the fun in that?

Based on critical and audience reactions overheard at TIFF parties, on the streets and on Twitter, there are only a few real promising standouts — chief among them the highly acclaimed Spotlight and Room.

The former could see Michael Keaton getting another chance to take on Eddie Redmayne in the best actor race, while the latter's Brie Larson has suddenly shot to the front of a fairly crowded best actress contender field.

Speaking of Redmayne, his work in The Danish Girl should just about guarantee him a second nomination — and possibly another win — but his co-star, Alicia Vikander, is where voters should really be looking.

Alicia Vikander
GETTY IMAGES

Less of a guarantee is last year's best actress winner, Julianne Moore, whose TIFF film Freeheld has not been getting great responses at the festival. And her film isn't the only entry that failed to meet the expectations facing it as it arrived in Toronto.

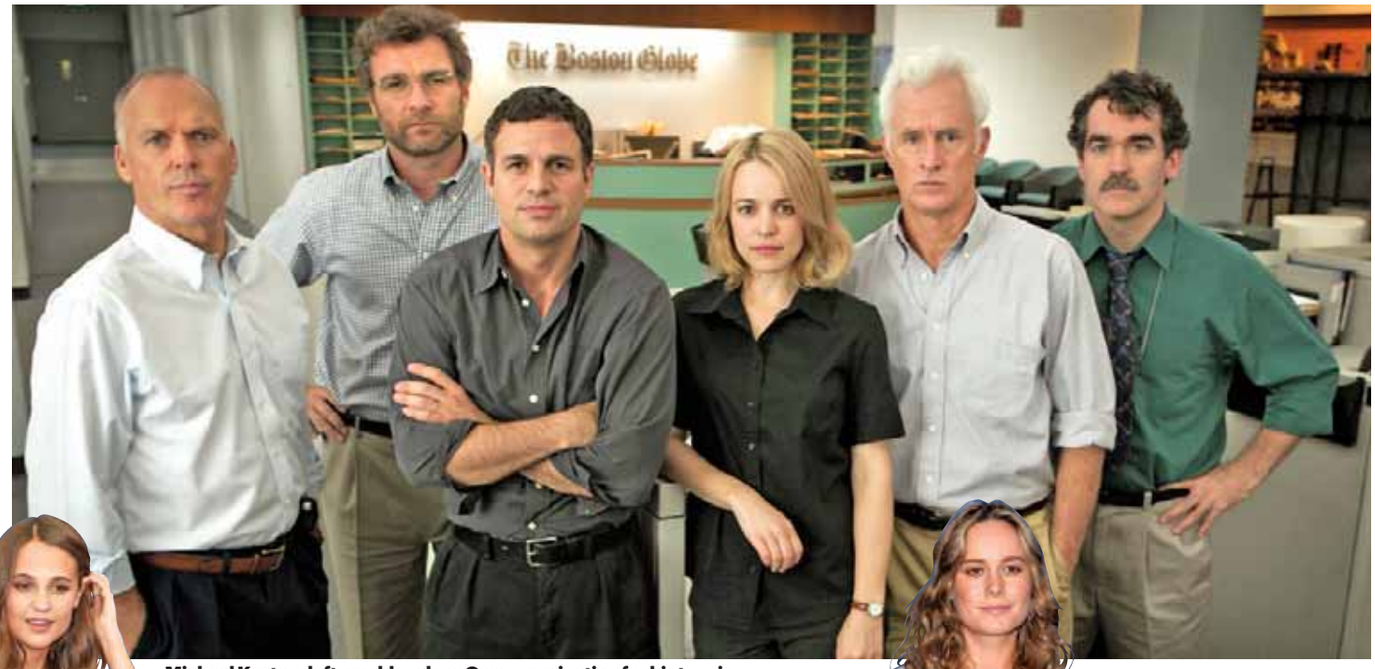
David Gordon Green's Our Brand is Crisis and Jay Roach's Trumbo seem to have let a lot of people down, but Trumbo could still get some love — at least from the Golden Globes — because of voters' affection for both movies about Hollywood and star Bryan Cranston.

And while About Ray features some fantastic work from Naomi Watts and Elle Fanning, the Weinstein Company's sudden decision to move its release date from this week to who-knows-when tells you all you need to know about their confidence in it as an awards season player.

As far as any of the films' best picture chances, a lot of that will have to do with which takes home the coveted People's Choice Award this weekend.

Several past winners have gone on to take the big prize, including Slumdog Millionaire, The King's Speech and 12 Years a Slave, while other years' winners like Silver Linings Playbook, Precious and last year's The Imitation Game went on to earn Oscars in other categories.

While it's not a sure thing, the producers of whichever film nabs the honour — like, say, Spotlight — are probably going to need to make sure their tuxes and gowns are cleaned in time for February.



Michael Keaton, left, could grab an Oscar nomination for his turn in Spotlight. CONTRIBUTED

Brie Larson
GETTY IMAGES

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Coach's Spring 2016 punk cowgirl fashion on the runway at New York Fashion Week. GETTY IMAGES FOR COACH

Coach goes wild in prairie flower style

NEW COLLECTION

Luxury brand flips script with hoedown on its 75th birthday

Upscale fashion company Coach celebrated 75 years in business Tuesday, not just with bags and shoes, but with bright cowgirl leather and prairie flower frocks for women.

Yes, actual clothing to go along with all those drool-worthy accessories you, your mom and your daughter may have at home, or wish you did.

The company has shown smallish clothing collections before at New York Fashion Week, but this was the first full runway spectacle, staged on the elevated High Line among old rail tracks once used by meatpackers but now a favourite park spot filled with wildflowers and high grasses.

In his fourth collection for Coach, British creative director Stuart Vevers acknowledged this season's mixed-print dresses and leather jackets were aimed at broadening interest in the brand's clothing among young women.

These cowgirls were intended to be of the surf, skate and punk variety.

"Of course it's a challenge, but it's what I should be doing as creative director. I need to look into the future and use our heritage as a touchstone for everything that we do," Vevers said backstage.

"What I think American luxury means to the younger generation is a certain sense of ease, something that feels relaxed. They need an inherent authenticity ... It's not precious. That for me feels very relevant today, and for Coach."

This collection, harkening back to the '70s in style, turned iconic Coach touchstones on end.

The saddle-coloured leather and the horse and coach were there, Vevers said, "They're just presented in a new way."

What Coach thinks those customers need in garments includes a calico coat in the colour of chalk paired with a butterscotch patchwork low boot. And they might also need a loose tank dress in orange evoking a meadow, or a biker jacket adorned with pink mountain buds.

THE ASSOCIATED PRESS

CELEBS RECALL THEIR FIRST COACH

Ciara's 'super cool' gift

So when did Debbie Harry first encounter Coach? She was joined among the company's guests by Christina Ricci, Ciara, Zoe Kravitz, and a range of other celebrities.

"I can't even remember, it was so long ago," Harry responded. "I think it's brilliant that it has evolved."

Does she buy a lot of Coach?

"I would say that I buy a lot of clothes," she laughed without committing.

Does Ciara recall her first encounter with Coach?

"Oh my gosh. It was more than 10 years back. It was a classic Coach in a boot. It was super cool with Coach all over. They were knee length. They had shearling kind of like fur and they were wedge," she said. "They were a gift from one of my godmothers ... I couldn't afford them myself at the time."

Ricci appreciates the modern, fresh turn for Coach.

"I remember one of the first expensive bags I bought was a Coach shoulder bag," she said. "I was a teenager. It was my first foray into designer bags, one of those first pieces of luxury."

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AWARD WINNER

Young chef gets his jus desserts

A Calgary chef has taken top prize in a national competition designed to help jump-start the careers of young chefs.

Ian MacDougall, 23, of Model Milk won the Hawksworth Young Chef Scholarship Foundation award of $10,000 and a chance to cook in an international restaurant.

MacDougall beat the seven other finalists Saturday with his dish of roasted squab with lobster agnolotti, nasturtium braised endive and squab jus.

Cynthia Iaboni, 26, of Le Serpent restaurant in Montreal was named Le Creuset's Rising Star and took home $5,000.

Leading up to Saturday's final, scholarship founder and chef David Hawksworth and his chef de cuisine Kristian Eligh, held heats in Toronto, Calgary, Vancouver and Montreal.

Judging the finals were chefs Mark McEwan of the Toronto-based McEwan Group, Normand Laprise of Toque! and Brasserie T in Montreal, Scott Jaegar of the Pear Tree in Burnaby, B.C., and Anthony Walsh, executive chef of Oliver & Bonacini Restaurants in Toronto. They were joined by food critics Jacob Richler, Sarah Musgrave and Alexandra Gill.

THE CANADIAN PRESS

Ian MacDougall beat out seven other finalists for a $10,000 chef scholarship. HANDOUT/THE CANADIAN PRESS

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The eight finalists were chosen from among 37 competitors.

The scholarship is intended to encourage Canadian chefs age 28 and under by giving them the opportunity to cook for acclaimed chefs and food critics.

Applications are open for the 2016 competition.

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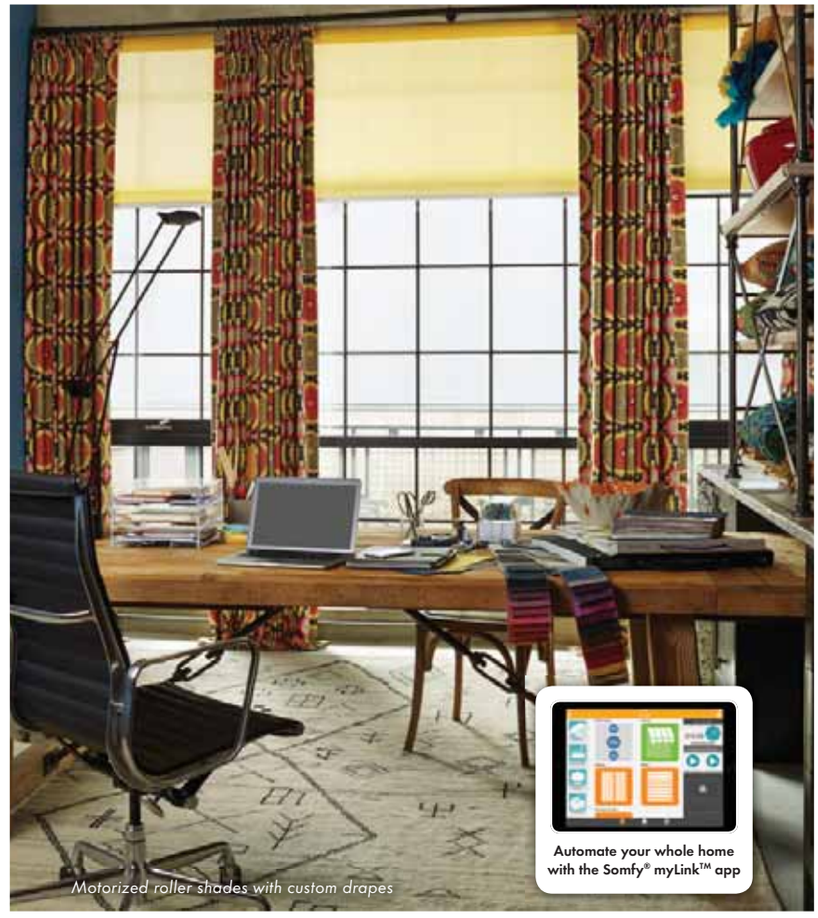

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Gigi Hadid, Karlie Kloss (shown here backstage) and Kendall Jenner were all featured in the Diane von Furstenberg show at New York Fashion Week. ALL PHOTOS GETTY IMAGES

Diane's It-Girl Squad

NEW YORK FASHION WEEK

Were all the top models at Diane von Furstenberg?

Talk about a girl squad.

Karlie Kloss opened it, Gigi Hadid closed it, and sprinkled in between Diane von Furstenberg's New York Fashion Week show Sunday was a who's who of the latest crop of supermodels, including Kendall Jenner, Gigi's sister Bella Hadid, Irina Shayk, Lily Aldridge and Jourdan Dunn.

"I love women at the beginning of their life," von Furstenberg said when asked why she chose these particular models.

"This collection is about celebration of woman, beauty, freedom and nature."

The show certainly felt like a celebration as celeb attendees including Kate Upton, Victoria Justice and Tori Kelly, danced along to music by Drake and The Weeknd, whose hit, Can't Feel My Face, closed out the show (the pop singer, who is dating Bella Hadid, was also in attendance).

The collection had a 1970s nostalgic feel thanks to metallic golds, mixed prints, jumpsuits and high-waisted suits.

You could almost picture von Furstenberg dancing at Studio 54 like the days of old in all of these looks — they've just been updated for the modern woman with shades of pink, black embellished with gold detailing and white with pops of colour.

> **I love women at the beginning of their life.**
> Diane von Furstenberg on her selection of models

"It's a lot about the details. It's about the patching. It's the freedom. It's the easiness. It's (for) a woman to feel like a goddess," said the famously candid designer.

She then added with a laugh: "My daughter says I have no filter. I don't want to have a filter."

Von Furstenberg said the collection was inspired by the first painting she ever bought.

She debuted her iconic wrap dress in 1974 and says the key to her longevity is reinvention and enjoying the journey.

And the designer certainly seemed to be enjoying it as she danced around the runway, once her show wrapped, greeting friends and smiling the entire time. THE ASSOCIATED PRESS

THE ORIGINAL GIRL POWER

The Beckhams and Anna Wintour check out the action on the runway. RICHARD DREW/THE ASSOCIATED PRESS

Ex-Spice Girl Beckham debuts 'carefree' line

Call it an all-new Victoria Beckham.

Her latest collection, which debuted Sunday at New York Fashion Week, is an homage to her "carefree attitude."

Bohemian flowing tops, skirts and dresses ruled the runway in knits, silk, leather and suede.

And this time, no signature sky-high stilettos, but rather flats, kitten heels and sandals."It's been really liberating and easy," Beckham said about designing the collection.

A fashion-forward gingham pattern also appeared on everything from jackets to skirts to dresses.

One couldn't help but wonder whether her son, Brooklyn, 16, who attended, and has made his own splash in the fashion world modelling for high-end brands, influences his mother's taste.

"He doesn't, really," Beckham said as her son looked on during backstage interviews. "He is really supportive. He's been with me the last few days because he's here in New York.... It's great to have young, fresh and cool people around." THE ASSOCIATED PRESS

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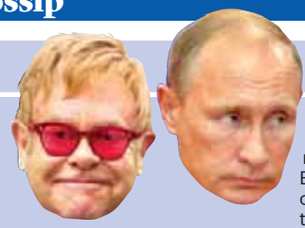
GOSSIP BRIEFS

Elton John fell for a phone prank



Two Russian pranksters say they fooled Elton John into believing that Russian President Vladimir Putin had given him a call.

The British star on Tuesday posted a message on Instagram, thanking Putin for calling him to discuss gay rights in Russia and inviting him for a meeting in Moscow. Putin's spokesman Dmitry Peskov denied the reports, saying that Putin never called John.

Vladimir "Vovan" Krasnov and Alexei "Lexus" Stolyarov told Russian daily Komsomolskaya Pravda on Wednesday that they had fooled Elton John by calling him on Tuesday and pretending they were Peskov and Putin.

The two men, known for prank-calling Russian and Ukrainian celebrities, said the audio of the call would be broadcast on a primetime show later Wednesday. THE ASSOCIATED PRESS

Lady Gaga backs Clinton

A video of Lady Gaga arriving at LAX has surfaced online, and in it the pop star lets us all know what she really thinks of Republican presidential candidate and billionaire fellow New Yorker Donald Trump.

"Hey, Gaga are you a Donald Trump fan?" a pushy TMZ-type photographer asks. Gaga simply cackles in response.

"Gaga, so that's a no? Is that right? On Donald Trump? Is that a no?" the photographer asks again as the singer simply responds with a closed mouth smile into the camera.

When asked who she does like, Gaga quickly shouts out, "Hillary!"

So if you were waiting for a sign from Gaga as to which candidate to support, there you go. MATT LEE/METRO

Not funny: Comedian comes clean

9/11

Rannazzisi was outed by The New York Times for lying

Ned Ehrbar
Metro

This is a big week for 9/11-related apologies. First Adrian Grenier for his Iraq tweet, then the guy from Devo for his terrible wedding reception and now The League star Steve Rannazzisi is sorry for lying about being in one of the Twin Towers on 9/11. Yikes.

"As a young man, I made a mistake that I deeply regret and for which apologies may still not be enough," Rannazzisi posted to Twitter. "After I moved with my wife to Los Angeles from New York City in 2001 shortly after 9/11, I told people that I was in one of the World Trade Center towers on 9/11. It wasn't true. I was in Manhattan but working in a building in midtown and I was not at the Trade Center on that day. I don't know why I said this. This was inexcusable. I am truly, truly sorry."

He continues: "It is to the victims of 9/11 and to the people that love them — and the people that love me — that I ask for forgiveness. It was profoundly disrespectful to those who perished and those who lost loved ones. The stupidity and guilt I have felt for many years has not abated. It was an early taste of having a public persona, and I made a terrible mistake."

What's extra awkward is that this is probably what he'll best known for, at least for a while.

STYLE WATCH RYAN REYNOLDS walks the red carpet at the Toronto International Film Festival premiere of road movie Mississippi Grind, Wednesday. LIZ BEDDALL/METRO

INSTAGRAM

Protest or provocation?

Naomi Campbell, the supermodel who has never been one to shy away from controversy, posted a topless picture of herself on Instagram.

The post has garnered more than 60,000 likes in only 14 hours. Instagram has a notorious history of taking down pictures of topless women who aren't breastfeeding, and many celebrities have protested this by sharing topless and nearly topless pictures of themselves.

The only question remaining is, will Instagram dare take down a picture of Naomi Campbell?

They better hope she doesn't have her phone in her hands if and when they do. MATT LEE/METRO

ALL PHOTOS GETTY IMAGES

PATRIOTIC OR NOT

Emily Blunt is blunt

Sicario star Emily Blunt said some stuff that the terrible, terrible TV personalities at Fox and Friends didn't like.

Blunt recently became a U.S. citizen — sorry, Britain! — and had some thoughts on the timing of it.

"I became an American citizen recently and that night we decided to watch the Republican debate, and I thought this was a terrible mistake. What have I done?" she joked to the Hollywood Reporter.

Fox and Friends host Anna Kooiman did not like that one bit: "You know what? Why don't you leave Hollywood, California and let some American women take on the roles that you're getting because the Americans are watching your movies and lining your pockets."

Come on, guys, you can do better than that. I think. NED EHRBAR/METRO

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What they're a$king

This week, we look at a selection of contemporary new condo developments near the downtown core. These one-bedroom units are located in midrise buildings offering the convenience of condo living with the latest amenities and finishes. **Duncan McAllister** FOR METRO

ASKING PRICES WERE ACCURATE AT TIME OF PUBLISHING.

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Vancouver

The Residences at 700 Marine Dr. feature 26 spacious condominiums in North Vancouver's newly revitalized Marine Drive urban corridor. The modern interiors in light or dark colour palettes feature nine-foot ceilings, chef's kitchen layouts, stainless steel appliances, engineered hardwood flooring, large walk-in closets, spa-inspired bathrooms, and air conditioning. The suites includes a secure underground parking stall, large storage unit, and access to a rooftop courtyard patio. 604-449-1580, info@700marine.com.

$294,320

Edmonton

Studio on the Hill is a new condo development by the I4 Property Group in the Strathcona neighbourhood. The building consists of 45 unique suites with plenty of upgrades. This featured suite on the west side of the building features a master bedroom overlooking the balcony, with a six-foot walk-in closet and adjoining ensuite. A chef's triangle kitchen overlooks a spacious living room, which steps out onto a private balcony. 780-809-9930, info@studioonthehill.ca.

$211,600

Winnipeg

For sale is this one-bedroom suite on James Avenue. District Condos is a collection of seven historic buildings in the Exchange District, which is undergoing some of the swiftest urban development in the city, with plenty of upscale restaurants and shops to explore. The units have been converted into unique loft condos featuring original brick walls, exposed wood beams, 10- to 14-foot ceilings and modern finishes. StreetSide Developments has two buildings on James Avenue now selling. 204-942-3584, district@qualico.com.

$188,000

Calgary

Orchard Sky is a new development by Truman Homes. The community consists of seven four-storey buildings with views of the Rockies. Nearby are shopping, playgrounds, parks and easy access to transportation. There are eight floor plans available with a choice of two designer colour palettes. High-calibre features are standard, including ceramic tile, cork floors throughout common areas, granite counters, and a stackable washer and dryer. 403-730-4003, info@liveatorchardsky.com.

$269,900

Halifax

Halifax is undergoing a transformation bringing new vitality to the downtown. The Dillon Market Street condos by Mosaik Properties is a new development on Sackville Street. The sleek glass tower rises above a restored 1800s podium. Suites feature smart-living layouts, floor-to-ceiling windows, stainless steel appliances and fixtures, private balconies with city views, rooftop gym, social terraced green space and concrete construction for quieter urban living. Contact the sales centre at 902-880-9995, welcome@thedillon.ca.

$430,000

Toronto

The Picnic condos in High Park is a new development by North Drive. Rising eight storeys high, the building consists of 68 units with custom-inspired finishes. Five-piece ensuites, walk-in closets and outdoor balcony space are standard in every unit, while kitchens offer bold, clean esthetics including integrated fridges and a balanced mix of closed and open upper cabinetry. In addition, a rooftop terrace offers views of High Park. Visit picnichighpark.com.

339,000

Ottawa

Here's a one-bedroom suite at the Eddy condominiums in trendy Hintonburg. This new six-storey urban condo by the Windmill Development Group features soft loft units with nine-foot ceilings, an industrial feel and exposed concrete. The suites offer compact European appliances and Silverstone quartz countertops. Bathrooms have custom millwork vanities with undermount sink. There's ground-floor retail, bike storage and a rooftop urban park. 613-701-0600, theeddy.ca.

Tips to upgrade your rental suite

LANDLORD FRIENDLY

Make the space your own with DIY renovation ideas from a pro

Rachel Kashdan
Metro | New York

Just because your lease says you can't paint those white walls doesn't mean you can't upgrade the place. Don't let your rental agreement cramp your style. Reham Fagiri, co-founder of used furniture marketplace AptDeco fills us in on all the tricks to freshen up a much lived-in space without breaking the rules.

Deck out your windows

Even if you've got trendy new furniture, stunning wall art and awesome accessories, sticking with the plastic slat blinds or worn white roller shades isn't going to give you the homey feel you're going for.

Instead, Fagiri suggests replacing generic blinds with colorful or patterned ones that complement your style, or alternatively give curtains a try.

"Curtains are a great way to add coziness without spending a lot of money," says Fagiri. "You can just go to any drape store and it's less than 30 or 40 dollars to buy brand new curtains."

Amp up the lighting

The common denominator in almost all rental apartments is bad overhead lighting.

"The overhead lights are so strong that they're just not inviting," says Fagiri. She recommends swapping out the basic flush mount light for attractive fixtures like a chandelier or pendant light to "really bring a room together."

Another tip: Use standing or table lamps as your main light source instead. Fagiri says the light emitted from these is generally much more pleasing, plus they can be a great way to add some extra flair to your space.

Want even more control over the lighting in your apartment? Add a dimmer.

Swap out the hardware

Changing the knobs on plain, generic cabinets and drawers that typically come in a rental apartment is one small modification that goes a long way in adding personality to your apartment.

"You can go to any hardware store and get new knobs that add a pop of color or even shine depending on your style," Fagiri says.

The expert says it only takes a couple minutes to unscrew and replace them, and it's easy to put the original knobs back on when it's time to move out.

Liven up your walls

Even if your landlord says painting your walls is a no-go, that doesn't mean you're stuck with bare white. One of Fagiri's favourite ways to spruce up walls is by hanging a cluster of framed artwork on a focal wall.

Fagiri suggests that when arranging different-sized pictures on a wall, orient some horizontally and some vertically to add variety. "I love it when there's just different shapes and sizes. It just creates that illusion that it's sort of an art piece."

The best part is that unlike spending money to paint walls, "these are things that you can take with you to your next apartment, which is great for budget saving," Fagiri says.

Don't always go for the cheap option

For furniture that you'll be using every day, Fagiri says you're better off investing in quality even if that means buying something secondhand, especially when you live in the city and will move every few years.

"If you buy really cheap furniture that's flimsy you're going to spend, let's say, a couple hundred dollars. But you won't be able to move it because it'll break down. If you spend a little bit more, or spend the same as you'd pay for a cheap piece of furniture (on something of quality) that's pre-loved or secondhand, you'll be able to take it anywhere and onto your next apartment," she says.

There are certainly items where quality can be sacrificed, but "a nice bed goes a long way, because you sleep on it every day, same with a couch," says Fagiri.

Make your radiator vanish

Nothing kills a well-designed room quite like a nasty old metal radiator with chipping paint, but Fagiri says it's easy to make your radiator disappear.

"There are actually places you can go to find radiator covers. Some of them are plain so it just sort of blends in with the wall, and some of them have designs on them," she says.

Radiator covers, which you can easily find at a hardware store, are safe and simply slide right on over the radiator.

Swap out dull light fixtures for an instant upgrade. CONTRIBUTED

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Fashionable tech for fall

I recently discovered iStore, a new tech accessories retailer offering fashion-forward wearables, products for the home, along with entertainment and mobile devices. They've got 13 locations to help make being geeky ultra cool, whether it be for back to school or work. Check out a few of my faves at iStoreWorld.com **KARL LOHNES**

1 Kate Spade Hard Shell
Wrap your phone in one of the most wanted names in fashion. $45

2 MiPow Play-bulb Candle
A LED votive candle that's also a safe nightlight. Brightness and colours can change by simply downloading an app on your smartphone. $30

3 180s Earwarmers
Not only will your ears be cosy on the way to class, you can listen to your favourite tunes via Bluetooth technology. $80

4 Bang & Olufsen BeoPlay A2
This portable speaker gets an A-plus for sound and style. $500

5 Herschel Little America Backpack
Old-school durability with a built-in padded laptop sleeve and easy-access media pocket. $100

6 Felix TwoHands Tablet Stand
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Mail-order bedroom

Karl Lohnes
For Metro Canada

No time to run around testing mattresses and shopping for headboards? Need a quick guest room for the upcoming holidays? The solution is to shop online. Retailers are making it easier to have a stylish good night's sleep delivered right to your door.

1 Carerra Queen Headboard with Nail Trim
Every bedroom needs one and a headboard is the focal point to any bedroom. $700 (on sale now for $349), TheBay.com

2 Endy Queen Mattress
Order 10 inches of comfort; gel-infusion memory foam, polyurethane foam and high-density foam make for a perfect-sleep mattress. Rolled in a box and box-shipped to your door. $750, EndySleep.com

3 Barbara Barry Fibre-Filled Mattress Cushion
Create the lofty feeling of granny's feather bed without all those little pricks. $200, BedBathAndBeyond.ca

4 SoHo Queen Storage Bed with Headboard
If tight on space then look for a hydraulic-lift bed base that adds the additional storage of six dresser drawers. $670, Walmart.ca

5 Prepac 9 Floating Headboard with Nightstands
Got the mid-century modern style but not the trendy high-end budget? Hang your headboard and nightstands on the wall without breaking the bank. $307, Lowes.ca

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Rainy day fashion beyond a raincoat

THE ESSENTIALS

It's wet season in Vancouver, but you can still take advantage of current trends

Izabela Szydlo
For Metro

No matter how many times you chant, "Rain, rain, go away" it isn't going to happen in Vancouver, especially not during fall. But, luckily, there are ways to take rainy-day fashion beyond a raincoat and rain boots while also taking advantage of current trends.

"Wide brimmed hats will keep you covered in the rain while celebrating the '70s revival; culottes with their cropped style will keep you from drowning in the rain and chelsea boots have made their way into the waterproof family this season," says Sabrina Fenster, one half of the husband-and-wife duo behind streetscout.me, which spotlights street-style inspiration.

"Trenches and duster coats are also very on trend for fall, so you can't go wrong with this style for both women and men. They add insta-chic to any look, but the added bonus is that they keep you dry, too."

Trendy essentials, however, aren't enough to survive Vancouver's notoriously inconsistent weather. Fenster says that secret lies in layers and accessories — think long-sleeve tops, knits and scarves as well as one rainy day must-have.

"Layers give you the flexibility to add on or take off when the weather changes unexpectedly," says Fenster. "And chic umbrellas are definitely a good rainy day accessory and actually a must in Vancouver. You never know when it might rain, so toting something small and sleek around is key. If you want to make more of a statement on a rainy day, opt for a clear umbrella in a vibrant colour or print."

And just because some rainy days tend to be accompanied by overcast skies, that doesn't mean your colour choices have to be as drab.

Despite fall being a season of richer tones, Fenster says it is perfectly acceptable to add pops of colour to brighten up a gray day.

"It's nice to mix it up with vibrant colours here and there," she says. "You can easily add punch to a look by adding in a colourful accessory like a handbag or statement piece of jewelry."

THE DON'TS

Fenster's rainy day don'ts will save you from becoming a fashion fail.

- Stay away from your go-to denim on rainy days because they will just feel tight and uncomfortable after a few rain showers.
- Steer clear of anything slightly too long because it will just get wet in the rain.
- Seriously avoid anything white or silk!

A duster coat is not only a trend this fall, but works perfectly on rainy days. JEREMY LEVY OF STREETSCOUT.ME

Neck accessories are a fall trend for men inspired by the '70s. M'C KENNETH LICON OF LITTLEFASHIONISTO.COM

The next step in style: searching in your father's attic

TRENDS

A lot of current influence from flamboyant 1970s fashion

Izabela Szydlo
For Metro

Fall is just days away (Sept. 23, to be exact) and if you want to step into cooler weather in style, start by searching your dad's attic.

"There's a lot of influence from the 1970s, which was a flamboyant period. Think Freddie Mercury and David Bowie," says M'c kenneth Licon, who blogs at littlefashionisto.com. "You see a lot of flared pants and collars as well as neck accessories like skinny scarves."

If the trend, with its fair share of velvet, cord, shearling and fur, seems intimidating, Licon says there's no need to worry because there are subtle ways to incorporate the '70s into any wardrobe.

"Start with staples and accessories because there's less commitment and it costs less," he says. "Turtlenecks are a '70s trend that were on the runways and another excellent staple for any man is a good trouser, which you can wear with trendy pieces. This season, it's the high-waisted and pleated trouser."

The 1970s aren't the only place men's fashion designers borrowed from for fall 2015.

Androgyny, another menswear trend, is blurring the lines between men and women's fashion. That means silhouettes and items that traditionally appear in womenswear collections found their way onto men's runways. Licon attributes the gender fluidity seen on runways to current events.

"It's happening with the awareness of gender equality and gay marriage," he says. "It used to be that women borrowed from the guys but a lot of new men's designers are joining this movement."

Gucci's new creative director Alessandro Michele, for example, incorporated pussycat bow blouses, shrunken jackets, and low-slung, wide-leg trousers in his fall-winter 2015 collection.

But one trend that will be familiar to many is layering, which, says Licon, allows for versatility when exploring this year's styles.

"I've seen Lacoste polos worn with bomber jackets, which is surprising because I wouldn't necessarily incorporate a tennis polo with a bomber," he says. "I've also seen a few guys wear turtlenecks rolled down to the collar bone with a shirt on top that's open to the middle of the torso so you get a depth of field and contrast in colour."

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The hidden costs of home ownership

BUYING TIME

Legal fees and other expenses required to close the deal

Henrietta Walmark
For Metro

You've finally found your new home, and it comes with the biggest price tag you're ever likely to pay for anything. But that's not the only cost you'll have to cover as a homeowner.

Even before you take possession of your home, there will be legal fees and expenses to close the deal. There will be adjustments costs as you reimburse the seller for any prepaid utilities and property taxes. Add in the cost of an appraisal, a home inspection, land transfer tax (in most provinces), GST if you've purchased a brand new home, utility hook-up fees, home insurance and more, and it amounts to thousands of additional dollars you'll need to budget for before you even get the keys to the place.

There are thousands of additional dollars you'll need to budget for before you even get the keys to the place. SHUTTERSTOCK

And don't forget the cost of hiring movers and installing new locks, plus replacing appliances, lighting fixtures and window coverings if they've been excluded in the offer.

Once you've moved in, there's the ongoing expense of maintaining your home. Grass will need mowing, snow will need to be cleared, the furnace will need to be upgraded at some point, decks re-stained and walls repainted. Experts suggest budgeting five per cent of the value of your home to cover your annual maintenance costs.

John Pasalis of Realosophy Realty in Toronto says he finds the largest unexpected expenses of home ownership are not so much hidden, as simply expenses that buyers haven't planned for.

"When a first-time buyer's home inspector tells them that their roof will likely need replacing in five years, they don't think that they need to start saving up for that $8,000 roof now, setting aside $1,600 per year so that they have the funds five years from now," says Pasalis.

"Not planning for these known upgrades you need to make can make home owning a bit more stressful when the time comes to make a major repair," he adds.

The best thing a homeowner can do to avoid costly expenses is to maintain their home by routinely tackling repairs and making upkeep a habit, says the Realosophy owner broker.

"Make sure your eaves are cleaned out once or twice a year and are working properly. Make sure water is running away from your home, not towards it. Seal any cracks in the concrete around your home. Repair caulking around windows and in bathrooms," says Pasalis.

"Keeping your home in a good state of repair will help you avoid unnecessary and costly repairs in the future."

Mortgage loan insurance a necessity and an incentive

Mortgage insurance isn't optional for a lot of Canadians homebuyers these days. Consumers with a down payment of less than 20 per cent of the purchase price of a home need to have mortgage loan insurance to be eligible for a mortgage.

Scraping together a down payment of 20 per cent is challenging as the cost of buying a home continues to rise in two of the country's biggest urban centres — Toronto prices are up 10.6 per cent over last year and Vancouver's rose 7.7 per cent. Statistics from the Canadian Real Estate Association show that in July 2015 the average cost of a home in Vancouver had risen to $866,772 and in Toronto the price was $609,236. Which means, the average 20 per cent down payment in those two markets would be $173,354 and $121,847 respectively.

Down payments that high can be a barrier to home ownership. For many first-time buyers, mortgage loan insurance is not only a necessity but also an incentive to purchase a home. Canada Mortgage and Housing Corporation mortgage loan insurance lets Canadians buy homes with a minimum down payment of five per cent while protecting banks and other lending institutions if the buyer defaults on mortgage payments.

According to CMHC, mortgage loan insurance creates "an opportunity for Canadians to realize their dreams of home ownership" and helps to "ensure the availability of mortgage funding during times of recession and economic downturns."

To qualify for mortgage loan insurance that allows buyers to finance up to 95 per cent of the purchase price, the property has to be a single-family or two-unit dwelling, located in Canada and valued at less than $1 million. Other requirements include a monthly housing cost of no more than 32 per cent of your gross household income, and a debt load of less than 40 per cent of your gross household income.

Mortgage loan insurance premiums range from 0.60 to 3.85 per cent of the total loan, depending on the amount of the down payment. The larger the down payment, the lower the premium. While the premium can be paid as a lump sum, it is more often blended into the mortgage payments. It's an approach that eases the financial burden upfront but interest on the premium over the life of a mortgage quickly adds up.

Consumers with a down payment of less than 20 per cent of the purchase price of a home need to have mortgage loan insurance to be eligible for a mortgage. SHUTTERSTOCK

Mortgage loan insurance opens the door to home ownership, but it comes with its own price tag.

HENRIETTA WALMARK/METRO

RATES

Fixed or variable mortgage

When faced with selecting a mortgage, one of the most difficult decisions for homebuyers to make is whether to go with a fixed or variable rate mortgage.

With a fixed mortgage, the borrower locks into an interest rate for the length of a term, typically three or five years. While with a variable rate, the borrower's interest rate can fluctuate with the market.

"History has shown that with a variable rate mortgage, you tend to pay less, especially with interest rates being so low right now, you can get a variable rate mortgage right around two per cent," says Clinton Wayne, a Toronto-based mortgage agent with Mortgage Edge.

Because of the element of uncertainty with variable rate mortgages, they are more difficult to qualify for and Wayne recommends them only for people who have enough disposable income to cushion the impact of an unforeseen interest rate increase.

Wayne says that though a 0.25 per cent interest rate increase might not seem like much, when you are talking hundreds of thousands of dollars, it can be big. A 0.25 per cent rate increase on a $400,000 mortgage, for example, would add another $1,000 annually to your mortgage payments, which is approximately $83 per month in additional interest.

While a fixed rate is often a higher interest rate, the benefit is that there are no surprises with your monthly mortgage payments. However, with variable rate mortgages, some banks offer payment plans that never change — instead, when the interest rate changes, the amortization period changes (if the interest rate increases, more of your money will be going towards interest as opposed to paying down the principle). This is a good option for people who want the benefits of a variable rate mortgage while at the same time guaranteeing their payments won't increase. It's just important for buyers to remember that a rate increase still lengthens the time of their mortgage and increases the amount they are paying in interest.

"The most important thing is how you feel about fixed and variable rate mortgages," says Wayne. "Money is more than math. You're dealing with emotions. How would you feel if your rate did jump up and how would it stress your monthly income?"

LIZ BROWN/FOR METRO

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Get the best appraisal value

SELLING

Tidy up inside and out to lift your home's curb appeal

Henrietta Walmark
For Metro

Some experts claim a clean, clutter-free home can appraise for up to 10 percent higher than a comparable home. SHUTTERSTOCK

Vacuum. Dust. Scrub. While you're at it, clear kitchen and bathroom countertops and tuck the kids' toys out of sight.

Making sure your home is clean and tidy is one of the easiest ways to improve its appraisal value. "Some experts claim a clean, clutter-free home can appraise for up to 10 percent higher than a comparable home that is messy and full of clutter," says Shea Warrington with Royal LePage in a recent blog post at sheawarrington.ca.

Tidy up the yard, too. Stash the garden gnomes in the storage shed. Freshly trimmed trees and shrubs and a neat green lawn can boost the appraisal value. A new mailbox, flower boxes or porch planters are inexpensive ways to up your home's curb appeal.

It's also a good idea to repair or replace outdated or broken appliances and light fixtures, Warrington says. Buying all new appliances may not be cost effective, but anything that's not working properly could have a negative impact on an appraisal.

When it comes to renovations, the Toronto Beaches area agent says, "make sure you document the renovation and costs with before and after photos and a spreadsheet of the detailed costs. Be prepared to show receipts if necessary."

While kitchen and bathroom upgrades are traditionally recommended as the most value-enhancing improvements, Wright Sisters Group with Remax in Toronto offer two other suggestions in their online magazine that will give you the most bang for your remodeling buck.

Installing a steel entry door averages a 101.8 per cent return on investment, according to Wright Sisters. "Security, curb appeal and energy efficiency all improve with this relatively simple change."

Converting an attic space to a bedroom also ranks high on their list of smart home improvements. "An attic conversion will allow you to maximize space you already have, keeping your costs in check."

Warrington's top tip to getting the best appraisal value for your home is to ask your lender for a local appraiser. If the appraiser isn't familiar with your neighbourhood, there's a chance your property could be undervalued, she says. "If you can't get a local appraiser, make sure you provide the appraiser with detailed information about your neighborhood."

The appraiser may not know your area's Walk Score, so go ahead and wow them with your list of nearby schools, libraries, restaurants, theatres, parks and shops. It might be just the boost your appraisal needs.

What you need to know buying a home during a recession

Canada is officially in a recession, a time when banks typically lower their interest rates.

As house prices traditionally fall and mortgage rates become more competitive during a recession, your dream home could start to look like a real bargain.

Some financial advisors say a recession is good time to buy a home, but not everyone agrees. In his book When the Bubble Bursts: Surviving the Canadian Real Estate Crash, author and portfolio manager Hilliard MacBeth suggests the best way to survive a housing downturn is to rent and invest your money in anything but real estate.

If you're planning to buy during a recession, John Pasalis, of Realosophy Realty in Toronto, says you should buy defensively. He recommends homebuyers look for a property they can live in for at least five years, with a monthly payment they can comfortably afford even if one partner is unemployed for a period of time.

The five-year rule is key he says. "The transaction costs to buying and selling a home can be high. You want to give enough time for your home to appreciate to ensure that when you do sell you are not losing money in the transaction."

Not overstretching your budget is also critical during a recession, says the broker owner, because you don't know if you or your partner might end up out of work.

"People can manage this risk in different ways," Pasalis says. "In the case of a dual income household, you can plan to buy a home that you can afford on just one income. Since this would be the worst-case scenario for most people, it's fine if you would feel stretched on just one income and not have any money left for vacations and other luxuries.

"The idea is that if you find yourself relying on just one income for six to 12 months, you want to make sure you have enough money to stay afloat and pay your key living expenses."

If you're a solo buyer with just one income to begin with, another option to consider, he says, is buying a home with either a rental unit like a basement apartment, or a property that has the potential for a rental unit.

"Earning $800 to $1,200 per month in rental income," says Pasalis, "can help cover many expenses if you find your budget is a bit tighter due to a recession."

HENRIETTA/WALMARK/FOR METRO

During a recession homebuyers should buy defensively. Look for a property you can live in for at least five years. SHUTTERSTOCK

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Should I stay or should I go?

SICK DAYS

You're feeling lousy — but lousy enough for a sick day? One pro weighs in on keeping your sickness to yourself

Jacqueline Kovacs
For Metro

When you are sick, the best thing you can do for yourself is take a day to rest. SHUTTERSTOCK

Busy may be the new black, but when it comes to heading into your busy workplace when you're sick, you might want to rethink your style.

"If you're sick, the medical community would tell you to stay home," said Dr. Matthew P. Muller, medical director of infection prevention and control at Toronto's St. Michael's Hospital. "But people always feel pressured to go in."

Blame our society's admiration of what Muller calls "presenteeism" — being at work even when you aren't feeling well and are unable to concentrate fully on work (because of illness or other reasons) is seen as a praise-worthy sign of dedication and ambition.

But all bets are off when you're sick.

"When it comes to the workplace, staying away when you're sick is a sign of respect for your colleagues, especially in the early phases when you're more infectious and more likely to spread your illness to your colleagues," Muller said.

> **Staying away when you're sick is a sign of respect for your colleagues, especially in the early phases when you're more infectious and more likely to spread your illness to your colleagues**
> Dr. Matthew P. Muller

And there are two main ways that you might share your ill gift. The first is through contact spread: You cough or sneeze into your hand, then shake hands with someone. Or, more indirectly, after that cough or sneeze, you touch a pole on a streetcar or the handle of the shared office coffee pot. The next person touches that same spot and then rubs their eyes or nose, Muller said.

The second way cold and flu germs are spread is through respiratory droplets — you, or another sick person, coughs or sneezes and a droplet lands on your eyes, nose or mouth.

This kind of transmission happens easily during flu season in crowded environments, Muller said, such as on subways, streetcars and in elevators.

Still not convinced that home is the best place to be when you're sick? Even if you think you can keep your germs to yourself, consider this — just how many sick days do you have? When you take your weary self to work day after day, besides potentially creating more sick people, you also don't give your body a chance to recover.

"In general, often the fastest way for you to get better is to stay home, stay hydrated and get lots of rest," Muller said.

That's a formula for a quicker recovery — and a healthier workplace.

A clean fight against cold and sinuses

Handwashing throughout the day — especially before eating — will help you stay germ free.

One of the best ways to steer clear of colds and flu is to keep your hands clean. But is it better to sanitize your hands with soap and water or with an alcohol-based hand sanitizer?

The answer is both — depending on the circumstances, said Dr. Matthew P. Muller, medical director of infection prevention and control at Toronto's St. Michael's Hospital.

In the health-care community, Muller said, there has been a push towards alcohol-based hand sanitizers for certain situations, and for soap-and-water cleaning for others. If your hands are visibly grimy with grease, dirt and debris, he said, soap and water are your best option for a thorough cleaning. Hand sanitizer will likely not be up to the task.

If, however, your hands look visibly clean, but you have been out in public, touching doorknobs, elevator buttons, shaking hands and so on, hand sanitizer is your friend.

"Your hands may look clean, but that doesn't mean they are germ free," Muller said.

Whatever the situation, Muller said that "washing your hands periodically throughout the day — before you eat, after using the washroom, after handling potentially contaminated items, after coughing or sneezing — is a great way to keep yourself healthy and an altruistic way to keep others from getting sick."

Nowhere, he added, is germ free.

"Even if you try to avoid it, germs are everywhere. So the common-sense approach is to keep your hands clean and avoid touching your face if you think your hand is contaminated."

Muller added that for general cleaning — in the absence of grease, dirt and debris — soap and water or hand sanitizer, used properly, work very well to clean and de-germ hands. But, in a pinch, during cold and flu season, it's wise to keep a portable bottle of sanitizer with you, simply because, as Muller said, "you can't carry a sink around with you."

HOW TO WASH YOUR HANDS

Got soap and water? Got sanitizer? Here is how to make a clean sweep:

USING SOAP AND WATER

According to the Mayo Clinic, the most effective way to wash with soap and water is to make sure you use plenty of soap and rub your hands vigorously for at least 20 seconds, making sure you cover all surfaces — including the backs of your hands, under rings and fingernails. Rinse well and dry completely with a disposable towel or air dryer.

USING HAND SANITIZER

Look for a product that is at least 60 per cent alcohol, the Mayo Clinic said, and don't be stingy. Use enough sanitizer to completely wet your hands and then rub your hands together — don't forget the backs and the webs of your fingers — until your hands are dry.

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Cam Tucker
Metro | Vancouver

So, it wasn't pretty. But Kianz Froese and the Vancouver Whitecaps will certainly take it.

The 19-year-old Froese was credited with Vancouver's only goal — off a scramble in the box with teammate Darren Mattocks in the vicinity — and the Whitecaps were able to hang on despite some anxious final minutes for a 1-0 victory over CD Olimpia in CONCACAF Champions League group stage action at BC Place Stadium on Wednesday.

WEDNESDAY

1	0
WHITECAPS	CD OLIMPIA

It's the club's first-ever win in CONCACAF Champions League.

Froese was a threat for Vancouver in its last regular-season match but didn't hit the scoresheet. He was buzzing once again throughout Wednesday's game in front of the home crowd and his efforts were rewarded late in the first half when he appeared to chip the ball over Olimpia goalkeeper Noel Valladares.

The Whitecaps' Nicolas Mezquida, left, moves the ball against CD Olimpia's German Mejia at BC Place Stadium on Wednesday night. DARRYL DYCK/THE CANADIAN PRESS

His goal spurred the Whitecaps to an important win in this stage of the competition.

The victory now gives them four points after two games in Group F, which puts them on even terms with their Cascadia rivals, Seattle Sounders FC.

Olimpia remains one point behind both teams.

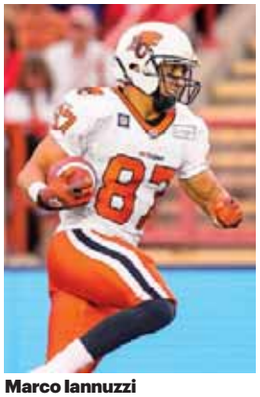
The Whitecaps and Olimpia don't meet again until Oct. 22, when the Vancouver club will travel to Honduras.

Froese's goal came amid a surge from the Whitecaps in the late minutes of the first half. They dominated possession and were eventually able to wear down a physical Olimpia side.

They could've gone into the break with a two-goal lead, but Darren Mattocks sent a shot from in close sailing well over the net.

The speedy Jamaican forward was once again buzzing in the second half, but again just couldn't convert for a much-needed insurance goal.

The Whitecaps lead the Major League Soccer overall standings and will resume their MLS schedule with a match against the Sounders at BC Place on Saturday.



Marco Iannuzzi
GETTY IMAGES FILE

CFL

Iannuzzi in, Collie out with injury for Leos

One Canadian receiver is out with injury and it appears another will get an opportunity to start in the offence when the B.C. Lions face the Calgary Stampeders on the road Friday.

Austin Collie, the former NFLer who has six touchdowns with the Lions in his rookie season and counts as a national player due to being born in Hamilton, Ont., didn't take part in Wednesday's practice in Surrey.

According to head coach Jeff Tedford, Collie is out with a knee injury, though it's not believed at this point to be serious.

"We need to let him recover a little bit," said Tedford. "I don't think it's going to be anything that's going to be an extended period of time but it's something we need to let settle down and heal."

With Collie out, Marco Iannuzzi, who is from Calgary, looks to get the start at receiver against the Stamps.

338

Collie has caught 32 passes for 338 yards this season.

Now in his fifth CFL season, former first-round draft pick Iannuzzi has caught one pass this year.

He's been utilized mostly in the kick-return game, with eight returns between kickoffs and punts. Iannuzzi, at least publicly, shot down the notion of personal frustration with a reduced role in the offence this year.

"We're here to win a championship and even though it doesn't show up on the front page of the newspaper or on SportsCentre, everyone's got a job here and every job is important," said Iannuzzi.

"I just do my job every day."
CAM TUCKER/METRO

NFL

Carroll: Mom just looking out for son

Pete Carroll thinks Marshawn Lynch's mom is just looking out for her son.

The Seattle coach brushed aside comments made by Delisa Lynch in a Facebook post criticizing the organization and calling for offensive co-ordinator Darrell Bevell to be fired. Her comments came after her son was stopped on a fourth-and-1 run play in overtime in the Seahawks' 34-31 loss in St. Louis on Sunday.

"I heard. I haven't seen the actual comments," Carroll said Wednesday. "Mom looking after her kid, there ain't nothing wrong with that."

Pete Carroll
GETTY IMAGES

Delisa Lynch posted her comments late Monday night. Delisa Lynch wrote that Bevell is the "worst play caller ever," and that the run play on fourth-and-1 against the Rams was called only to justify the fact Seattle did not call a run play from the 1-yard line in the Super Bowl when Russell Wilson's pass was intercepted by New England's Malcolm Butler.

She added that the Seahawks staff "loves" Bevell "more than a win."

"There is a lot of passion with our following and the 12s and with the family members and all.... It's just something I'm sure she has strong feelings and I don't blame her for having strong feelings. She's a mom," Carroll said.

After practice Wednesday, Bevell said he had not spoken with Lynch about the comments from his mom.

"It comes with the territory. I played quarterback. That guy is going to get more credit than he deserves and I guess people are going to be on him when you don't win. It's the same with what I'm doing," Bevell said. "I'm totally confident with what I'm doing. I'm totally confident that I'm trying to get our team in the best position to win and I'm glad she's passionate about us." THE ASSOCIATED PRESS

IN BRIEF

Kane's agent says he'll be back in time for training

Patrick Kane is expected to join his Chicago Blackhawks teammates at training camp this week as he awaits the results of a sexual-assault investigation.

"Based on what I know, Patrick Kane will be at camp tomorrow," Kane's agent, Pat Brisson, wrote in a text message to The Associated Press on Wednesday after Chicago released its camp roster. THE ASSOCIATED PRESS

Voynov returning home

Defenceman Slava Voynov says he will return home to Russia, leaving the Los Angeles Kings in the wake of his legal troubles on domestic violence charges.

Voynov announced his intention to self-deport Wednesday in a statement through his agent. Voynov pleaded no contest in July to a misdemeanour charge of domestic violence against his wife, Marta Varlamova.

The two-time Stanley Cup champion spent two months in jail before his release Sept. 3. THE ASSOCIATED PRESS

Price relishing his stopper role

MLB

Four of star pitcher's seven wins have followed losses

David Price GETTY IMAGES

David Price is emerging as more than Toronto's ace. The left-hander is showing he can also be the team's stopper, the pitcher who can be trusted to halt losing streaks.

Price allowed one run in seven innings, Russell Martin hit a homer and drove in four runs, and the Blue Jays beat Shelby Miller and the Atlanta Braves 9-1 on Wednesday night to protect their lead in the AL East.

Price (16-5) gave up six hits and had nine strikeouts as he improved to 7-1 since coming to Toronto in a trade with Detroit in late July. Four of the seven wins have followed losses; the latest stopped a two-game skid. Price said he didn't know so many of his wins had followed losses, but he embraced the stopper role.

"I'll be that guy," Price said after taking the AL lead with his 2.42 ERA. The Blue Jays stayed three games ahead of second-place New York in the division. The Yankees beat the Rays 3-1.

Toronto manager John Gibbons said Price made his strong win look easy, even though he struggled with his location at times. "He did a nice job picking us up after we lost a couple games," Gibbons said. "That's what we brought him over for and he's been great."

Toronto had 12 hits as it returned to its customary high-scoring pace after managing only a combined two runs in the two straight losses. Martin hit a two-run double in the four-run first and added a two-run homer off Ryan Kelly in the ninth.

"It's the best offence in all of baseball," Price said.

Miller (5-15) gave up five runs, four earned, in 3-2/3 innings — his shortest start of the season.

Miller's streak of 22 winless starts is the longest for any pitcher in a season he was an All-Star. Ben Revere drove in two runs with two hits, including a double in the fifth, for Toronto. The Braves' run came in the first. Nick Markakis hit a leadoff double and scored on Freddie Freeman's fly ball. Christian Bethancourt had three hits. THE ASSOCIATED PRESS

Alessandro Florenzi. ANDREAS SOLARO/AFP/GETTY IMAGES

UEFA CHAMPIONS LEAGUE

Florenzi stuns Barca

The Champions League season is only one match day old, but it will be tough for anyone to better Alessandro Florenzi's eye-popping strike that gave Roma a 1-1 draw with defending champion Barcelona on Wednesday.

Florenzi launched an audacious 60-yard (metre) lob from near the sideline and watched it sail over Barcelona goalkeeper Andre-Marc ter Stegen to cancel out Luis Suarez's opening goal.

"It will be something to remember," Florenzi said. "It's not something that happens often."

Two strides after dribbling past the halfway line on the right flank, Florenzi saw Ter Stegen far out of his goal and let loose. THE ASSOCIATED PRESS

RESULTS

Group E
Bayer L'kusen 4-1 BATE Bor.
Roma 1-1 Barcelona
Group F
Dinamo Zagreb 2-1 Arsenal
Bayern Mun. 3-0 Olympiakos
Group G
Dynamo Kiev 2-2 FC Porto
Chelsea 4-0 Maccabi Tel Aviv
Group H
KAA Gent 1-1 Lyon
Valencia 2-3 Zenit St P'burg

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Prep time: 15 minutes
Cook time: 10 minutes
Serves 4

Ingredients
- 8 oz spaghetti (preferably whole wheat)
- 1/2 cup homemade pesto (can substitute for store bought)
- 2 oz mozzarella cheese, sliced into thin pieces
- 1 plum tomato, sliced into 1/8-inch rounds
- Chopped fresh basil for garnish

Pesto
- 1 cup packed fresh basil leaves
- 2 Tbsp grated Parmesan cheese
- 1 Tbsp toasted pine nuts
- 2 Tbsp light cream cheese
- 1 tsp minced fresh garlic
- 3 Tbsp chicken stock or water
- 2 Tbsp olive oil

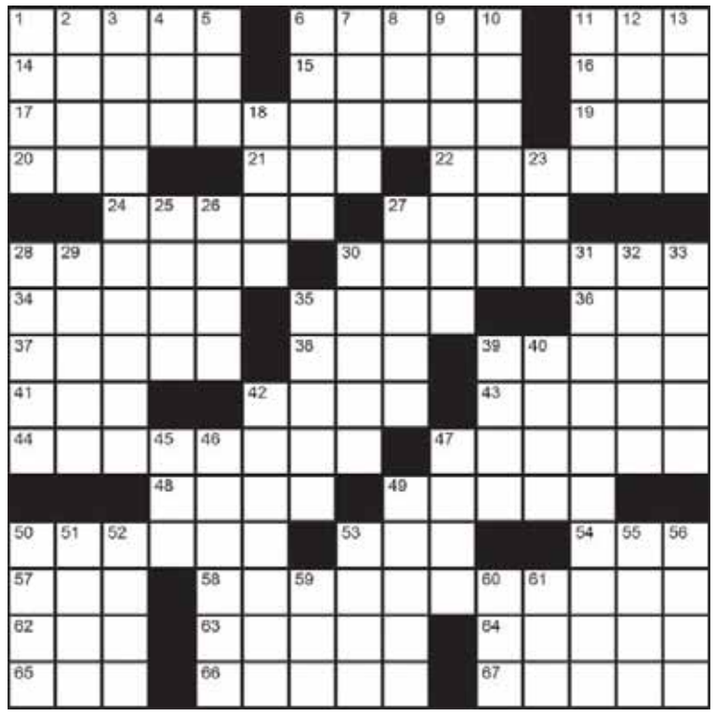
Directions
1. To make the pesto: Place all the ingredients in the bowl of a small food processor and purée until smooth. If too thick add a little more stock or water.
2. Boil pasta according to package directions. Drain leaving 1/4 cup pasta water. Add to bowl along with pesto. Mix well.
3. Preheat oven to broil. Spray a 10- to 12-inch skillet with vegetable oil. Add pasta. Top with mozzarella cheese and tomato slices. Broil for two to three minutes just until cheese begins to brown.
4. Garnish with fresh basil.

Nutrition per serving
- Calories 350
- Protein 12 g
- Carbohydrates 42 g
- Fibre 1 g
- Total fat 14 g
- Saturated fat 3.5 g
- Cholesterol 15 mg
- Sodium 180 mg

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Peter Frampton's "__ _ Love Your Way"
6. __ Ray (Aquatic creature)
11. Fuel additive brand
14. "You're _ __ and don't even know it!"
15. Petri dish gels
16. Thanksgiving, e.g.
17. 2015 marks the 75th Anniversary of Bugs Bunny! Animated series for the beloved wisecracker: 2 wds.
19. Once __ _ lifetime
20. 'S' in NYSE [abbr.]
21. French for 'Goose'
22. __ the Martian (Character on #17-Across)
24. "Obsession": New song by Canadian singer Mr. Desman
27. Milk, sauce or bean
28. "Inside the __ Studio"
30. Pianist/composer George
34. "Drats."
35. Fasteners
36. Comic actress Ms. Gasteyer
37. "Growing Pains" star Mr. Cameron's
38. U.S. driving org.
39. Go-__ (Small racers)
41. Hydrocarbon suffix
42. Roll up a flag
43. Three trios
44. __ Wabbit (Bugs Bunny, to Elmer Fudd)
47. Character on #17-Across, __ Hawk
48. "Am _ __ early?"
49. Cooked even less
50. Huge vulture of The Andes
53. Female hog
54. Premium car
57. Maturate
58. Err in interpretation
62. Abbreviated 'amateur' antonym
63. Manner of speaking
64. Beeps
65. Poetic nightfall
66. Fills the roles for the movie
67. Disturb

DOWN
1. Dances for Cinderella, in Paris
2. Put on _ __ of coffee
3. Establishments for Canadian chain Indigo
4. Japan currency
5. 'Favour' suffix
6. Morning: French
7. Chilly feeling
8. Bert Bobbsey's twin
9. Fault line happenings
10. Tries
11. Switchblade
12. Ms. Braxton
13. Design
18. Pained exclamations!
23. "Yay!"
25. 1991 Steven Spielberg film
26. Fine pursuits
27. "The Goldbergs" star George
28. Awry
29. Where Beijing is the capital
30. Anthony of "General Hospital" soap fame
31. Family-of-siblings production co. behind the cartoon at #17-Across (Trivia! One of the siblings, Jack, was born in London, Ontario in 1892): 2 wds.
32. Lay to rest
33. Foul
35. Sao __, Brazil
39. Acknowledged
40. Super
42. Sunshine State
45. Sophia Loren movie, "El __" (1961)
46. Nuclear
47. Kate Hudson's mother's surname
49. Kitchen, and others in a home
50. __ Cod, Massachusetts
51. Demon
52. Downtown brightener
53. Glaswegian
55. Remote control button for sound
56. "__ Side Story" (1961)
59. Jessica, to Ashlee [abbr.]
60. Beatle in the early Hamburg days
61. Pinnacle

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Don't compromise your principles. You may think that others will admire you for your pragmatic approach, but your rivals will see it as a sign of weakness. You must always stand up for what you believe in.

Taurus April 21 - May 21
Avoid anything too adventurous today. Stick with what feels right to you, even if others say it is boring. You know what you like and there is no reason why you should change it.

Gemini May 22 - June 21
If you get the chance to improve your cash flow situation you must take it. Your ability to think on your feet and to make correct decisions means you will be much in demand.

Cancer June 22 - July 23
Be careful that something you say to a loved one does not hurt them emotionally. Yes, you have every right to express your opinion, but you also have a responsibility to think about what the consequences might be.

Leo July 24 - Aug. 23
You have been held back too long and are desperate to spread your wings. You will get the chance not long after the Sun changes signs on the 23rd but for now stay where you are and finish what you started.

Virgo Aug. 24 - Sept. 23
You may not be able to take your own plans further but you can certainly help a friend or relative do something that means a lot to them.

Libra Sept. 24 - Oct. 23
Whether or not you have the necessary experience to take on a new role is irrelevant — you have the intelligence and the ambition. The best way to get ahead is to just go for it.

Scorpio Oct. 24 - Nov. 22
What you get today may not be what you want but according to the planets it is exactly what you need. If a friend makes a suggestion take it seriously — they know what you need.

Sagittarius Nov. 23 - Dec. 21
A little knowledge can be a dangerous thing, so whatever it is you discover today don't act on it yet. In the fullness of time you'll find it is only half the picture — and it's the other half that matters more. Be patient.

Capricorn Dec. 22 - Jan. 20
Don't waste time on petty arguments. Not everyone you meet today will see things from your point of view but that's okay. There's room enough for every opinion.

Aquarius Jan. 21 - Feb. 19
However much you might fear the unknown you must confront it, otherwise you may not be in the right frame of mind to take advantage of the wonderful opportunities coming your way.

Pisces Feb. 20 - March 20
You know what you want and how to get it. So what are you waiting for? The time is right to make your bid for fame and fortune, so don't hold back a moment longer.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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		9		6	8	1		
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